

Lyme Regis

Uplyme & Charmouth



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Issue 369 Wednesday, August 21st 2013



Parking meters could be 'nail in coffin'

BUSINESS owners in Lyme Regis have slammed proposals to introduce on-street pay and display controls in the town centre.

Under the scheme – already rolled out in towns such as Dorchester and Swanage – motorists would be forced to buy a ticket to park in bays currently offering one hour's free parking.

The changes, proposed by Dorset County Council, would affect much of Broad Street, Pound Street and outside the county library in Silver Street – the town's business and retail heart.

Dorset County Council (DCC), which is rolling out similar plans throughout the county, state that ticket prices will be set relative to off-street parking so that ve-

By Philip Evans
philip@pemedial.co.uk

hicles are discouraged from parking on the street.

DCC claims the scheme will encourage a greater turnover of vehicles for customers of local shops, while enhancing pedestrian safety and traffic flow and reducing pollution.

The plan for parking meters in the main town centre have been on the cards for a long time but were only revealed publicly at last week's meeting of the town council's Planning and Highways Committee, which was attended by Police Commissioner Martyn Underhill and Matthew Piles, the traffic group manager for Dorset County Council (see page 7 for full report).

Mr Piles reported that on-street parking was being considered for towns across West Dorset, including Lyme Regis, with pay meters proposed for Broad Street, Pound Street and outside the library on Silver Street.

It is thought the scheme could help alleviate traffic congestion created by illegal parking on double yellow lines, and drivers parking in the town centre for more than an hour.

Mr Piles explained that parking wardens would not have to continuously visit cars throughout the hour they

are currently allowed to park for, and could instead instantly give out fines if cars were parked for longer than their paid-for time.

He said: "There's a number of reasons why we want to deploy this. We have seen it work well and it does help traffic congestion."

Councillor Terry O'Grady asked who the scheme would benefit.

Mr Piles replied: "No one, I'm not allowed to make money from the scheme. Any surplus money would go back into traffic management."

However, committee chairman Councillor Anita Williams, questioned whether any of that money would be put back into Lyme Regis.

She added: "We get enforcement officers two days a week and it's just not enough. You can put in on-street parking and, yes, most people would pay for a ticket and not stay past their allotted time, but unless you get more enforcement it will never solve the problem."

A "consultation" with traders in Bridport is currently taking place and it is expected that a similar exercise will be carried out in Lyme Regis in the near future.

The *View from Lyme Regis* has spoken to a number of town centre traders this week, many of whom knew anything about the proposal to install parking meters in Broad Street and Pound Street.

One trader, who did not wish to be named, said: "This could be the nail in the coffin for a number of small businesses who rely on people popping into town and parking free for a few minutes to buy essential items."

The plan is likely to be discussed as a matter of urgency at the September meeting of the recently formed Lyme Regis Business Group. Chairman Tony Colston is currently on holiday, but vice-chairman Colin Willis told the *View from*: "From my point of view I think it could prevent people coming into town and stopping for a few minutes. Free parking somewhere in the main shopping area is a bonus to any town and I think it should stay that way."

"Being able to park for a few minutes in the main street is crucially important to the trading community, especially in the winter months, and the introduction of parking metres could have a severe detrimental affect on trade."

Mr Willis, stressing that he was talking as an individual and not on behalf of the group, said there could also be an issue with enforcing the new parking arrangements as the parking wardens visited the town so infrequently.

He added: "We will certainly be seeking the views of our members at our September meeting and passing these on to the relevant authority."

Florist Teresa Fowler, from House of Flowers on Broad Street, said: "I would like to see 15 minutes of free parking to keep it turning over. Some people just want to pop to a couple of shops or the bank, perhaps, and do not want to pay for an hour, which can result in parking anywhere for quickness. I think the first 15 minutes should be free in car parks too."

"I'm not disagreeing with road-side meters, as long as

■ TURN TO PAGE 3

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Return of thanks

CHRIS WYON-BROWN

Anni, John, Paula, Matthew and Bronwyn would like to thank everyone for the kind messages of support.

Chris will be remembered by so many and always in our hearts.

PETER Saunders, 63, is the manager of Weymouth's multi-storey car park.

He was born in Warwick and was educated at Oxford Grammar School. He moved to Weymouth in 1992, is divorced and has one son, one daughter and two grand-daughters.

Peter's hobbies include horse riding, walking, extensive reading of "anything and everything" and he has a keen interest in local history, particularly the town's Nothe Fort.

● WHY do you live in Weymouth?

I used to live in London, working with refugees for the Home Office, but I had a caravan in Weymouth which I used to come down and visit regularly.

When I wanted to leave London, Weymouth was the obvious place to come to as I'd already been there a lot.

● WHERE do you go for your holidays?

The Lake District and Hereford. They are God's own acres with mountains, water, fantastic horse riding and the best scenery in the country. I also travel regularly to Italy.

● WHAT is your favourite time of the year?

I like autumn. I love the colours, the change and the crispness of the air.

● WHAT is your favourite film?

Goodnight Mr Tom with John Thaw. I think he is a fantastic actor and I love him in this film.

● WHAT is the scariest thing that has ever happened to you?

Having a shotgun poked up my nose by a mentally ill man. I have to admit that for ten seconds I was pretty scared, but I managed to talk him out of it.



● IF you could live your life again what would you be?

I wish I had been a teacher so I could inspire the next generation of minds.

● WHICH three people would you invite to your dream dinner party?

I would go for Joanna Lumley because she was the stuff of my dreams when I was young, George Carey the former Archbishop of Canterbury because he has such an interesting personality and Prince William just to find out what makes him tick.

● WHAT would you do if you won the Lottery?

I would buy a hill farm in the Lake District. It is something I have often thought about. I could help conserve the countryside and I love the outdoors.

● WHAT do you hope the future holds?

I would like to have a fit and well travelled retirement. Your health is always taken for granted, but

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Town council finds no objection to Woodberry Down proposals

TOWN councillors have raised no objections to plans for 46 new houses at Woodberry Down, Lyme Regis.

The Bloor Group development went before the town council's Planning & Highways Committee last week, where a number of concerns were raised but an overall decision of no objection was submitted to West Dorset District Council.

Some members raised concerns that the development would increase traffic on Colway Lane, but the committee eventually agreed that a new junction providing access to the Woodberry Down site would actually slow cars down on what can be a "rat run".

Councillor Ann Bradbury also asked how much of the development would be affordable housing. She was told there would be 35 per cent affordable housing, including 11 rented properties and five shared ownership properties.

Councillors were particularly concerned about drainage and how water on the site would be dealt with.

By Francesca Evans
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A representative from the Bloor Group explained that rain water would be stored in tanks and slowly released into streams running down Colway Lane, meaning the water level would be no higher than it is currently.

He added that they would not be using soak-aways, which the town council has a policy against, and that they were following Environment Agency guidelines.

However, councillors were still concerned that the tanks would not be able to cope in severe weather conditions.

"What if the tanks overflow?" asked Councillor Michaela Ellis.

"I have no objection to it, my only concern is the water. I think we should raise it as a concern."

The chairman, Councillor Anita Williams, was concerned that in heavy rain excess water would run down Colway Lane and create further flooding at Windsor Terrace and Jericho.

Councillors agreed they had no objections to the plans on condition that site water was dealt with properly and water levels in the streams were kept the same.

The Woodberry Down development has been the most popular discussion topic on Lyme Regis-related Facebook pages over the past week. Many local residents have called for a higher percentage of affordable housing to be included in the plans, prompting a new page named "Provide affordable housing for the LOCAL people of Lyme Regis" to be created.

■ APOLOGIES for last week incorrectly reporting that the closing date for comments on the Woodberry Down development is August 28th. The date is actually August 23rd (Friday).

Plans for landfill at driving range

LYME Regis Golf Club has submitted plans for landfill with inert waste on its driving range at Charmouth Road.

A planning application for the landfill, which will facilitate improvements to the driving range, is being dealt with by Dorset County Council rather than the usual planning authority, West Dorset District Council.

The landfill will be a maximum depth of 2.75 metres in the centre of the site, and the application says it will provide a "much needed landfill site for the deposit of inert waste from local construction, demolition and ground work projects in an area of Dorset where there is a lack of such authorised sites".

It added: "The nearest landfill sites are a considerable distance away, incurring substantial costs, both financial and environmental, in trucking inert waste to these sites from the western part of Dorset."

On completion of the landfill operation, the site will be restored for continued use as a driving range and practice area. A reduced driving range will operate throughout in an area of the site which the landfill will not affect.

Two access points will be created for the landfill operation. Access to the northern part of the site will be from the existing access on the A3052 and a temporary new access point will be created nine metres south of the existing entrance.

The application was considered by Lyme Regis Town Council last week, with a decision of no objection being submitted to Dorset County Council.

Councillor Michaela Ellis pointed out that the applicant, John Hansford, had done a lot of work for the council in recent years so she did not think it appropriate that they comment.

However, Planning & Highways chairman, Coun-

cillor Anita Williams, said she did not think the council had a pecuniary interest in the matter but it was up to individual members to decide if they wanted to comment.

Councillor Owen Lovell said: "I don't have any objection because, if you have been here long enough, you will remember that when the Charmouth bypass was built a whole load of stuff was dumped at the other

end of that site."

Councillor Terry O'Grady asked that the council request that no heavy vehicles using the landfill site travel through the town centre.

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Parking meters will hit locals

■ CONTINUED FROM FRONT PAGE

they don't charge silly money and stop people coming into town completely."

Bee Painton from Serendip Bookshop was also worried pay meters would put quick stops in Broad Street to an end.

She said: "I think that it will be the locals that suffer, rather than tourists. Life is difficult for locals in summer and nipping in early to park for shopping is something they like to do. It would be really detrimental."

"I have lived in towns where they have done it and even gone as far as to pedestrianise the town centres, and it just killed it. It's a very retrograde step."

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HAPPY 3RD BIRTHDAY CHAR CHAR
Lots & lots of love Lily x x x

Wishing Becci Banfield & Rob Parriss all the very best for their wedding on 25th August
Lots of love Mum & Roger xxx

10 **TO THE BEAUTIFUL KATIEKINS**
HAPPY 10TH BIRTHDAY!
With lots and lots of love from Cool Aunt Rachel x x x

3 **HAPPY 3RD BIRTHDAY CHAR CHAR!**
Lots of love Mum & Daddy x x x

50 **TO MY HUSBAND HUGH RATHBONE**
HAPPY 50TH BIRTHDAY
ON 22ND AUGUST
All my love, Sharon x x x

TO CAROLINE
HAPPY 23RD BIRTHDAY
CONGRATULATIONS ON YOUR FIRST CLASS DEGREE
Wishing you a happy year ahead, love Mum & Dad

6 **HAPPY 6TH BIRTHDAY AMY**
ON 27TH AUGUST
Lots of love Mum, Daddy & William x x x

50 **HAPPY 50TH BIRTHDAY SON-IN-LAW HUGH RATHBONE**
ON THE 22ND AUGUST
LOVE FROM THE GILES FAMILY

30 **HAPPY 30TH BIRTHDAY Kirsty Frampton**

10 **HAPPY 10TH BIRTHDAY KATIE DUBRA**
LOVE & KISSES GRANDMA & GRANPA X X X

10 **KATIE DUBRA**
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ON 26TH AUGUST
LOVE FROM GRANNY & GRANDAD

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13 **HAPPY 13TH BIRTHDAY RYAN KING**
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10 **KATIE DUBRA**
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Founding member of local croquet club dies, aged 97

OBITUARY WILLIAM 'BILL' SIMPSON

FORMER Uplyme resident William Simpson, known to all his friends as Bill, died on July 28th at the grand age of 97.

He was a man of many talents who had an exceptionally varied and interesting life. He was also a leading collector and authority in the UK on teddy bears.

Born in London on December 13th 1915 during World War I, Bill loved visiting his grandfather in Fordingbridge where he played his first game of croquet on a garden lawn. Also at an early age he was given a teddy bear named Rupert, although it would not be until retirement that he would start his collection.

Later, he studied French at the London School of Economics and then joined Midland Bank, now HSBC. He rose rapidly, eventually becoming head of the department dealing with foreign capital.

Bill's career was interrupted by World War II, during which his talents as an engineer and fluent French speaker were put to good use. His chief assignment was to help engineers of the Free French Air Force understand the engines of Halifax and Lancaster bombers. He was also responsible for translating military documents and his services were officially recognised by the French government, which awarded him a bronze medal.

After the war, he kept in contact with his French colleagues and often visited across the Channel.

Throughout his life, Bill had strongly developed hobbies. One of the first was motor racing, in which he excelled and even won first prize at Silverstone on one occasion. After retirement, when he and wife Margaret lived in Verwood, Dorset, he started new hobbies. One was to teach himself the church organ and help out at the local church, and the other was to collect teddy bears.

His final collection totalled almost 300, all with detailed histories at his fingertips. Bill created many photos and articles about bears, and published a book titled "Me and My Teddy Bears". The collection was eventually donated to



Milestones Museum, near Basingstoke, where it remains on display.

When he and Margaret moved to a smaller house in Uplyme, Bill unexpectedly found himself starting up a croquet club in order to increase public use of the King George V Playing Field. With no money, no members and no equipment, he nevertheless set up the Lym Valley Croquet Club in 1987, which thrived under his leadership. In 2012 the club celebrated its 25th birthday with Bill still there as President and able to give a typically amusing speech. His knowledge of the game and its rules was legendary.

After the death of his beloved wife Margaret, Bill finally lived at Fairfield House retirement home in Lyme Regis. He was a popular resident and was particularly befriended by Libor and Katherina, a Czech couple who worked there. Bill was delighted to be asked to be godfather to the couple's first child, Sophia.

Sadly, in 2013 Bill became increasingly frail and did not make it to the century many had predicted for him. All who knew Bill recognised him as a man of great intelligence and many talents, but with a certain reserve and not the slightest arrogance about his many achievements.

Nevertheless, he had a dry sense of humour and there was often a twinkle in his eye.

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Students celebrate success at A-level



■ **TOP OF THE CLASS:** Head girl Scarlett Down received three A*s, an A and an A at AS level



STUDENTS at the Woodroffe School in Lyme Regis celebrated another set of excellent A-level results last week, with 42 per cent gaining top grades of an A*, A or a B.

Most students attained or exceeded their target grades and results at AS level were also excellent, with 40 per cent of students gaining As or Bs, and 62 per cent achieving C or above.

There were some outstanding individual A-level performances. Head girl Scarlett Down was top of the class with three A* grades in art, history of art and English, plus an A in geography and an A in AS biology.

Scarlett will now take a year out to carry out voluntary work in Ecuador before going to Durham University to study social sciences.

Ben Sivier-Voller gained two A*s in maths and further maths plus an A in physics, while Jack Rumens received A*s in environmental science and PE and an A in biology.

Kristian Beckers achieved an A* in maths, As in further maths and physics, an A in AS chemistry and an A in the Extended Project Qualification.

Adele Davies achieved an A* in art graphics and As in history of art and English literature, with Jacob Crofton receiving an A* in maths and As in chemistry and physics.

Emily Voysey gained an A* in maths, an A in further maths and a B in chemistry, while Alice Gay celebrated three As in business, geography and maths plus an A in the Extended Project Qualification.

By Francesca Evans
francesca@pemedial.co.uk

tion.

Results were even more impressive at AS level with Alice Jenkin excelling to gain A grades in geography, maths, further maths and physics, plus an A* in the Extended Project Qualification.

Tom Gater gained As in chemistry, maths, further maths and physics, while Alexandra McStea received four As in biology, geography, maths and physics.

Sophie Harbridge achieved three As in English literature, psychology, and history, with a B in biology and an A* in the Extended Project.

Polly Rodin achieved three As in biology, history and maths, plus a B in English literature and an A in the Extended Project Qualification; Lisa Sargent gained As in maths, geography and PE, plus a B in physics; Fiona Sinclair gained As in history, maths and biology and a B in chemistry; Rebecca Riddle received three As in biology, chemistry and maths, plus a B in photography; Ciaran Badman gained three As in maths, further maths, physics and a B in product design; and Oscar Bailey achieved three As in maths, further maths and physics.

Headteacher Dr Richard Steward said: "As ever, this is a very impressive set of results and I am delighted that so many of our students have done so well.

"I am particularly pleased that the vast majority have secured places at the universities of their

choice and I wish them every success in the future.

"A-level students work incredibly hard nowadays and the amount of work sixth formers have to do has made gaining qualifications at this level in many ways much harder. Students now have to take modules throughout the year, as well as examinations at the end of the course, and they also have to complete some very demanding coursework assignments.

"Finally, I am sure that the students would also wish me to acknowledge the hard work and commitment of the teaching staff at Woodroffe who work tirelessly to help students achieve the best results they can."

■ **TOP MARKS!** A-Level students from the Woodroffe School celebrated another successful year



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RNLI funds boosted

■ A DOUBLE presentation has marked the huge fundraising efforts of Lyme Regis Bowling Club for the RNLI. During some 40 years the club has made annual donations to the lifeboat charity, staging special events to raise the cash. On Friday the bowling club handed over another £200 to RNLI volunteers, money raised during a bowls drive event. In return the chairman of the Lyme Regis and Charmouth RNLI Guild, Rob Michael, presented the club with a framed certificate and treasurer of the Lyme Regis RNLI lifeboat, John Dover, awarded the club a special commemorative plate.

■ COFFEE shop proprietor Xanne Carey helped to boost Lifeboat Week funds with a novel competition.

She poured thousands of coffee beans into a huge bowl and invited customers at her Silver Street coffee shop Amid Gants and Idols to make a donation to guess the number of beans in the bowl.

Xanne called in town councillor Lucy Campbell as adjudicator, and, by a method of weighing, the



total number of beans in the bowl came out at 88,198. The nearest

guess was 85,500 and the winner received artwork by local artist Annie

Ward valued at £265. The bean quiz raised £125 for the RNLI.

Bank Holiday gig race



■ IN TRAINING: Members of the lifeboat crew try out gig rowing ahead of the Bank Holiday race

One of the major events of Lifeboat Week in Lyme Regis, postponed because of bad weather, has been re-scheduled for this coming Bank Holiday Monday.

The gig race involving the lifeboat crew, coastguards, firefighters and Lyme Regis Gig Club is planned for 12noon.

Four gigs with a crew of six rowers and a cox will be competing for the first time for a special trophy sponsored by the Harbour Inn.

One of the organisers, David Clayton, said: "We have re-arranged the event at short notice and it should be

quite a spectacle. One of the best places to watch will be from the pebble beach in front of Marine Parade.

"All the emergency services crews had been training hard for the Lifeboat Week event and were disappointed when it had to be called off.

"We are delighted, weather permitting, to get a second chance and hope to make the event one of the regulars in Lifeboat Week."

And favourites to win? "All I will say is that the coastguards have been training very hard," said Mr Clayton.

Skipper speaks out on lifeboat rescue

THE skipper of the speedboat that sank off Charmouth last Sunday, throwing the four aboard into the sea, has spoken about the moment he and his friends were rescued.

Dan Strawbridge, 22, a farm worker from Colyton, said: "We had been fishing and the engine was ticking over. We changed direction and two big waves hit us. Suddenly we were all in the water and the boat was sinking.

"I thought I would try and swim ashore while my three friends stayed together. But the lifeboat arrived very

quickly.

"We were in the water for only 10 minutes, but that was long enough. The lifeboat picked me up first then my friends.

"I couldn't fault the lifeboat crew. They were brilliant. We were just cold and wet and very grateful"

Mr. Strawbridge, a member of Axminster Young Farmers Club, added: "I am now thinking about how we can raise a good donation for the RNLI charity."

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Police commissioner hopes to solve town's traffic issues

DORSET'S Police and Crime Commissioner, Martyn Underhill, met with town councillors to discuss the increasing traffic congestion and other highways issues in Lyme Regis.

The meeting of the town council's Planning & Highways Committee was also attended by Matthew Piles, Dorset County Council's traffic group manager, who suggested paid-for, on-street parking in the town centre (*see front page*) and electronic car park signs as possible ways of alleviating traffic congestion.

He said the signs would tell drivers where car parks were and how many spaces were available, as well as encouraging them to use the town's park and rides.

Councillor Michaela Ellis argued: "It's all right saying these spaces are available in the park and rides but they are only open six weeks of the year. Can West Dorset District Council or Dorset County Council help us? Someone needs to help us, we can't do it ourselves."

Mr Piles said that the county council did run some park and rides but these would now be suffering from budget cuts.

Councillor Ellis said: "The town council needs to talk to the football club, as they have done so well out of opening the pitch for car parking this year, maybe they will help us in future years."

The number of heavy good vehicles travelling through the town centre and the regular congestion in Church Street were also discussed as some of the main problems.

Mr Underhill said he had heard of the problems with large vehicles and was keen to stop lorries coming through Lyme when not necessary.

Town, district and county councillor Daryl Turner said he had taken photos of signage at Charmouth roundabout and it was "perfectly clear" that vehicles over a certain weight were not permitted to travel through the town unless delivering, adding: "It's a case of enforcement".

Councillor Jill Newton said width restrictions should also be introduced, as Church Street was only 12-feet wide at its narrowest point.

Mr Piles said the problem of delivery vehicles was shared across Dorset.

"They are getting bigger and bigger and most of the roads in Dorset towns are not built for it," he added.

Councillor O'Grady said he had heard that parking fines given to delivery lorry drivers during non-delivery times were being rescinded. He suggested creating a permanent de-

livery bay, possibly outside Tesco, to ease the problem.

Councillor Owen Lovell said this area was originally for deliveries but more and more cars had started parking outside Tesco.

He added: "If a car is parked there during the delivery time, what are the delivery lorry drivers supposed to do? They come back later."

"When we had an enforcement officer in town all the time, the traffic flow was at least acceptable, not perfect. There should be one here every day in the summer."

Speaking about congestion in Church Street, Councillor Lovell continued: "I don't see a solution until you restrict traffic in one direction. It will be controversial and I know you will have to look at other things to do it but you won't solve the snarl-up until there are restrictions in Church Street and Bridge Street."

Concern for pedestrian safety

Councillor Clipson reported that the town council had requested yellow hatching to replace the often-ignored "Keep Clear" markings on Church Street but had been told this was not a possibility. Councillor Turner explained that hatching was only available for junctions.

Councillor O'Grady said he was concerned for pedestrian safety, not just regarding lorries but also buses on the narrow roads.

"I'm not sure what we can do about it," he added.

He was also concerned about pedestrian congestion at the bus stop at the top of Broad Street and requested it be moved to its original position further up the road where there was more space.

Councillor Williams asked what the chances of getting a full traffic survey on Lyme Regis carried out were.

Mr Piles replied: "If I'm going to be blunt, they're low. It would not be done this summer, it would be April or October. It would give you numbers of vehicles - why do you need that? You don't need a bypass."

Mr Underhill agreed, adding: "I don't care how many cars come through Lyme Regis, I understand that, I do want to know how many lorries come through Lyme because that can be sorted at Charmouth roundabout."

Mr Underhill and Mr Piles said they would go away and consider the issues that the town council had raised and would meet again.

Objections to five-house proposal at Somers Road

By Francesca Evans
francesca@pemedial.co.uk

LYME Regis residents have spoken out against a development for five houses on land adjacent to Somers Road, saying they will live like "goldfish in a bowl" if it goes ahead.

Outline permission for the development was granted in 2010 and a new application giving full details of the proposal has now been submitted.

Neighbouring residents spoke out against the development at last week's town council Planning & Highways Committee meeting, complaining that the new plans showed much larger houses than expected.

Clappentail Lane resident Charles Barber, whose property is below the development site, said: "At the outline planning application meeting, no detail was put forward. It was decided purely on the size of the land. This is a plan to put five maximum size houses that are all the same design on tiny plots of land."

"Privacy is a big part of why we live there. I live just below the planned development. The closest house will be 20 metres from my house, sited five metres higher and stands at 7.3 metres tall. This presents an overwhelming looming presence from my front door."

"It will affect the light and environment. I'm worried about the psychological effects on myself. I think it will be quite depressing. We will live like rats in a laboratory or goldfish in a bowl. Nothing we do in our gardens will be private."

"Why are the houses so high? I think this is lazy design, they have made no effort to fit in with the local environment and neighbouring houses."

"The effect on my property will be horrific." Somers Road resident Gary Willis said that the outline planning application "deliberately misled the situation" and the new, detailed plans were "of a completely different nature".

He added that the proposed houses were identical, describing the design as "unimaginative" and "overdevelopment of the west side of Lyme Regis".

Mr Willis continued: "To put something like that in one of the most visible areas of town - it will be a blot."

"The repeat design is cheap and nasty. It's not relevant or appropriate for this area in Lyme or anywhere in Lyme."

"The outline planning application was a lie. It looks like there's no problem but, now they have done the detail,

they have shown the reality."

He encouraged the council to object, raising further concerns about land stability and drainage.

Councillor Michaela Ellis agreed the proposed houses were out of keeping with the area, pointing out that they were three-storey when no other houses on Somers Road were.


She added: "The density of the plots is too high. If they were two-up two-downs they would be small on the plots, but these are taking up the whole plots."

It was agreed to recommend refusal of the plans to West Dorset District Council on the grounds of the size scale and design of the houses; that they would be too dense in relation to the plot sizes and were bigger than appeared on the outline plan; they would be grossly out of keeping with neighbouring properties because of the generic design; plus there were land stability and drainage issues.

The council also recommended that planning officers carry out a site visit.



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Film makers wanted to record guitars record attempt

ORGANISERS of Lyme Regis record attempt Guitars On The Beach are appealing for help from local film-makers to record what is hoped will be "Britain's biggest band" on September 7th.

With 2,500 guitarists now signed up to play in Buddy Holly's "Rave On" in the Guinness record attempt Lyme's main beach, organisers want to ensure that not one moment of the massive musical event is missed.

They are asking anyone with a video camera to record any part of the Guitars On The Beach day, which will fill the streets, shops and beaches of

Lyme with music.

Organiser Geoff Baker said: "We are appealing to everyone with a camera to record what they see and hear on the day - not only to get as much coverage as possible up on YouTube but also so that we can put together a bank of footage for future use for Lyme promotions and tourism publicity.

"We will be having our own video people filming all over the town and national television crews will be filming too, but there will be a lot going on on the day and we don't want to miss having a record of any of it."

Members of the giant band will be playing in shops, cafes and pubs all around Lyme Regis before the main record attempt at 5pm. Other performers will be playing music at the beach in the lead-up to the event, including local teenage musicians, a Roy Orbison tribute act and a choir of 25 signers and guitarists in wheelchairs.

Also, scores of children will be helping the sponsors, Fender Guitars, to build a giant guitar sandcastle on the beach and, in the evening, six local bands of all ages will perform a guitar-festival concert at the Marine Theatre.

At the actual record attempt to be Britain's biggest-ever band, actor and former Woodroffe School pupil Billy Geraghty will lead the massive gathering of guitarists in playing the three-chord song "Rave On".

Billy, who played Buddy Holly in the hit West End musical "Buddy!", has been rehearsing the song in Symondsburry with local musicians who will form part of the house band on the day. The house band - Lyme men David Austin, Ben Kapur, Ryan Halsey, Paul Bester, Phil Birkhead, Andy Cable and Bob Brooker - have also been rehearsing their set at the Marine Theatre.

Mr Geraghty said: "It's going to be a great gig. I hope a lot of people turn up to be a part of it."



■ RAVE ON: The Guitars on the Beach house band rehearse at the Marine Theatre. Left, West End actor Billy Geraghty who will lead the record attempt

Fundraiser for new twinning association

DATES have now been fixed for an important fundraising event and the formal completion of the twinning of Lyme Regis with the Normandy town of Barfleur.

Further fundraising by the Lyme Regis/Barfleur Twinning Association gets under way on Sunday, August 25th with a barbecue at 2pm at Lyme Regis Football Club in Charmouth Road.

All members, friends, family and potential new members are welcome to attend. Admission costs £6 for adults and £3 for children and members are invited to bring a suitable dish, a salad or sweet. A licensed bar will be available.

The formal twinning and civic reception will take

place on Friday, September 20th and Saturday 21st, with the twinning ceremony being held in the Guildhall at 4pm on the 21st.

Chairman of the association John Dover, said: "The first part of the twinning took place in Barfleur in May, and now our French friends will be visiting us in September for the second and final chapter in the formal linking of our towns with the signing of the charter on this side of the Channel."

More details of events during the visit by the Barfleurais will be announced in the next weeks.

Anyone who would like to join the association should call 07769 655362 or jonner_dover@hotmail.com

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Sun shines as usual for annual church fete

■ THE Catholic Church of St Michael and St George in Lyme Regis hosted its annual summer fete last Thursday. The fete has become known for always being held in the sunshine and, as expected, clouds parted just in time for the opening of the event.

The fete was officially opened by the Mayor of Lyme Regis, Councillor Sally Holman, and Mayoress Jane Whittington. Both were presented with gifts by sisters Talia and Katie Hutchings, who both attend St Mary's Primary School in Axminster.

The church green was busy throughout the afternoon, with stalls including bric-a-brac, books, home-made cakes and produce, tombolas, a raffle and a stall run by the local Lym Zim Link charity.

Money raised will go towards church funds.

Pictured left, Mayor Sally Holman, Mayoress Jane Whittington and her grandson Alex with Father Michael Koppel and sisters Talia and Katie Hutchings.

Fishmonger marks 20 years with fun poster campaign

LYME Regis fishmonger Simon "The Fish" Bennett is launching a new eye-grabbing advertising campaign to mark his 20 years in the seafood business - by getting fish-faced.

A giant poster of Simon and his award-winning team posing quirkily will soon be a regular sight around town, as it is plastered on the back of the new Mercedes refrigerated truck that the 40-year-old fishmonger has bought to keep up with the huge demand for his Old Watch House fresh Devon and Dorset fish.

Simon, who has become one of Lyme's great success stories by building his business from running a market stall in Dorchester to now supplying 32 top restaurants including 15 of the finest in London's West End, chose the wacky image to suit his fun style of fishmongery which has won accolades from star chefs including Mark Hix and Hugh Fearnley-Whittingstall.

"As my customers know, we like to be jolly and have a bit of a laugh at The Old Watch House and I thought the fish-faced look per-



■ FISH FACED: Chief scallops and shellfish buyer 'Plummy' Plum, apprentice Fraser Earle, Old Watch House owner Simon Bennett and Lyme shop manager Toby Guest

fectly reflects that," said Simon, who personally sources all of his seafood by rising at 3am to select the freshest of the catch at the Brixham fish market.

"And I also like the image because it's eye-grabbing. It's a bit of a slog having to drive up to London most mornings to supply my London customers

and I thought I'd like to brighten the day on the motorway of the other early-rising commuters".

Reflecting on his 20 years in the fresh fish business, Simon said: "It's taken a lot of hard work to establish the Old Watch House to where it is now and I couldn't have done it without the support of my

team and my wife Jo.

"I would have never believed it if you'd told me when I was selling mackerel off a stall that one day I'd be supplying London's most fashionable restaurants.

"It's a dream come true and we're getting fish-faced to celebrate!"

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News in a nutshell...

Boot sales continue at club

AT least two more car boot sales will be held at the Davey Fort, home of Lyme Regis Football Club, in Charmouth Road.

Whilst the club has received permission to use its football field for parking during the summer months, bringing in several thousands of pounds to the club coffers, former mayor Michaela Ellis has held three car boot sales on Friday evenings at the Davey Fort, also in aid of club funds.

Councillor Ellis has confirmed that there will be at least two more boot sales - this coming Friday (August 23rd) and also on August 30th.

Free disco at seafront shelters

A FREE disco will be held in the Marine Parade shelters on Friday, August 23rd with DJ Mad Jeff.

DJ mad Jeff plays a range of music from pop classics to reggae and is known for his impressive light show. The disco will be free but donations will be welcome for Lyme Regis Skatepark Fund, which is organising the event.

The disco will be held from 8pm to 11.15pm in the shelters. All ages welcome, non-alcoholic refreshments will be available.

New date for Party in the Park

CHARMOUTH Party in the Park, which was rained off earlier in the month, will be held on Sunday, August 25th instead.

The party will be held in Barrs Lane Playing Field, Charmouth, from 7pm and will include a barbecue, bar, music by Sidekicks and will finish with a fireworks display at 10.30pm. There will also be a light show.

Museum Friends host book sale

THE Friends of Lyme Regis Museum will hold their annual book sale on Saturday, August 24th.

The sale of second-hand quality books will be held at the Inn Plance at the Pilot Boat Inn from 10am to 1pm.

If the weather is fine, the event may be held behind the museum instead.



Summer fun at Shire House

SHIRE House Residential Home in Lyme Regis held its annual summer garden party last Friday. Residents and staff were joined by friends and family to enjoy a special afternoon tea of sandwiches, cakes and other nibbles in the home's garden. The highlight of the evening was a performance by the Karizma Majorettes, based in Axminster, which had guests clapping and singing along.



Magna tenants struggling to pay rent after benefit reforms

By Chris Denne
chris.denne@pemedial.co.uk

DORSET'S main provider of affordable housing is warning that changes to benefits brought in this year have left many residents struggling to keep up with rent payments.

Magna Housing's income manager Collette McKenny revealed the scale of a problem which has left many residents falling behind on their rent.

Magna provides and manages affordable homes across Dorset including a significant number in Lyme Regis.

Mrs McKenny highlighted two benefits reforms pushed through by the coalition government which have hit some people with a double whammy of having to pay an under-occupancy penalty and facing reduced help with council tax bills.

Often referred to as the "bedroom tax", the under-occupancy penalty penalises residents in social housing with unoccupied rooms in their houses, forcing them to cough up and extra £20 a week or move to smaller premises.

Mrs McKenny said: "With the under-occupancy penalty there is an element of people who can move or swap but there are some who do not want to for a variety of reasons."

"Moving might mean leaving behind a support network - parents, family or friends who help with childcare, advice and other day-to-day matters."

"Or moving just down the road could mean being in a new catchment area for their school meaning they have to pay for transport or change schools, which is disruptive for the children."

The penalty coincides with reforms to council tax relief brought in on April 1st which saw people on benefits paying some of their council tax bill themselves - often for the first time.

Mrs McKenny claims some residents are having to find an extra £20 plus a week on a budget that has changed little from the previous year.

She said: "We are finding roughly a third of residents appear to be managing with the increase - but you have to ask how are they managing? How has it affected their private lives? How are they affording food?"

"Then there is a third who were struggling before the changes - their situation has become worse."

"The final third are those who were not struggling before but who are now."

Mrs McKenny believes that more than 400 residents across the county are affected.

In order to keep rent coming in - and to prevent residents from sinking further into financial trouble - Mrs McKenny already has two Money Matters staff going door to door to help residents cope with the changes.

Helping them in their task has been volunteer and Magna resident Lyn Coombe, offering advice and knowledge from a wealth of experience managing rent and budgets.

Mrs McKenny said: "Lyn is a big help and works very well as an advisor. She has been involved a long time and understands the need to pay rent."

"She understands from the coal face the issues people are dealing with."

Mrs McKenny continued: "If tenants are struggling, if they talk to us we can provide support. But if they don't talk to us we can't help."

"I would encourage people struggling to pay rent to talk to us so we can point them in the right direction."

Mrs McKenny also recognised there was more at stake than the plight of individuals.

She said: "If fewer people can pay rent we have less income which means it could possibly affect services in five or so years time."

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Belmont House's restoration fund receives £50,000 boost

BUT MORE FUNDS NEEDED TO RESTORE FORMER HOME OF AUTHOR JOHN FOWLES

THE fundraising appeal to save Belmont in Lyme Regis, former home of writer John Fowles and Coades Stone inventor Eleanor Coades, has received a huge boost with a donation of £500,000.

As a result, The Landmark Trust now hopes to start restoration work this Autumn but must first find the outstanding funds.

The recent donation, from a grant making trust, has given the building preservation charity hope that they may be able to start work this year but urgently need to find the remaining £508,000 if they are to achieve this.

If restoration work is not started in October it may have to be delayed for another whole year as there are only a few months each year when the roof can be taken off so that there is minimal disturbance to the bats that have taken up residence in the house.

Anna Keay, Director of the Landmark Trust said: "This grant is a tremendous boost to our appeal and I thank everyone who has helped us already raise £1.3 million.

"We dearly want to start work this Autumn to ensure the fragile fabric of the building does not have to endure another winter but still need to raise a significant amount of money. Please help us to make this happen and bring this important part of Lyme Regis' heritage back to life."

Belmont was the seaside villa of Eleanor Coades, the remarkable eighteenth-century inventor of Coades stone, a material which still survives today in many of the UK's most significant 18th-century buildings and landscapes.

Belmont was also the home of John Fowles was one of the most influential British novelists of the 20th century. His books continue to be widely read today, including the highly cele-

brated 'The French Lieutenant's Woman' which was completed at Belmont and made into an acclaimed film.

Currently standing empty, decaying and at risk Belmont urgently needs the remaining funds to enable its restoration. The Grade II* house is a fine, early example of a maritime villa, a new building type that sprang up in the second half of the 18th century with the rising popularity of seaside holidays.

Today the fabric of the building is deteriorating, the parapet is sagging, there are rotten wall plates and lintels, the stone skin is coming away and water is trapped behind impermeable cement render. The urgency of the appeal was highlighted in March 2013 when a chimney and some of the Coades stone urns had to be removed due to their declining state.

Caroline Stanford, the Landmark Trust's Historian said, "Mrs Coades is a fascinating, unsung figure and John Fowles a defining author of our time. Their lives have become entwined at Belmont."

Since acquiring the house in 2007, Landmark has commissioned extensive research by a team of experts including archaeology, paint analysis, structural analysis and documentary research to establish the history, development and current state of the building in order to devise the plans for its restoration. All planning and listed building consents are already in place and restoration work can begin as soon as all the funds are secured.

Once restored, the building will be given a secure future as self-catering holiday accommodation for eight people, with income from holidays supporting its ongoing maintenance.

Belmont will also be available to the UEA



Creative Writing School for MA students to use for two intensive weeks every year, living and writing together as part of their programme. John Fowles was very keen that Belmont should be used by writers and enjoyed as a place of inspiration and education.

Those staying in the building will be able to enjoy Fowles' former writing room on the first floor, with its views over The Cobb, where he wrote several of his best known works.

The charity will open a museum room in the former stables to tell the story of Mrs Coades, John Fowles and Belmont's other past inhabitants and there will be regular open days when the whole site will be open.

The Landmark Trust has more than 40 years experience of conserving and restoring buildings like Belmont. Each of the 195 historic buildings in its portfolio has been restored and made available for holidays, which provides income for the properties' ongoing maintenance.

For further information on the campaign or to make an online donation visit <http://www.landmarktrust.org.uk/support-us/projects-and-ap>



■ WARM WELCOME: Lyme Regis Rotary President Guy Hayden (second from left) welcomes Eric Brown (left), Danny Hopkins and David Sarsons, on right, to the club

New members join Rotary

Three new Rotarians joined the Rotary Club of Lyme Regis last week.

Eric Brown, Danny Hopkins and David Sarson were inducted into the Rotary movement by President Guy Hayden.

Eric is originally from Farnborough in Hampshire where he was managing director of a specialist engineering firm. Danny worked extensively in education and training in Reading, London and Somerset before moving to Lyme Regis. David is from Wanstead in London and worked in the Home Counties in sales and marketing but now works in the

charity sector.

Mr Hayden said: "We are really pleased to welcome these new members to the Rotary Club of Lyme Regis. With their experience and skills they will make excellent Rotarians and their energy, commitment and sense of humour will be invaluable to the wider Rotary movement. We wish them well in our expanding club"

If you wish to find out more about Rotary and specifically about the Rotary Club of Lyme Regis visit the website on www.lymeregisrotary.org

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MAIN COURSES
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Leek & Dorset Blue Cheese Tart, Wilded Spinach & Soft Poached Egg (V)
Sole Meunière with a Herby Almond Butter accompanied with Pak Choi Parcels

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Charmouth gardener among top in Magna residents' competition

MAGNA tenants from across Dorset put their green fingers to use in the housing association's annual gardening competition.

A total of 26 tenants and leaseholders took part in the contest with Charmouth residents Louise Tate among the prizewinners. The Nutcombe Terrace residents won second place for her large garden.

The entrants were judged over two days during the summer in six classes, with judges commenting on the "very high standards".

Competition organiser Jane Fisher commented: "Once again we have had an exceptional number of high quality entries and the judges have had real deliberation in choosing the winners. It's been a pleasure to visit these gardens and hear about the hard work and pride that have gone into presenting their entries."

"The categories of pots and patio, and communal garden just go to prove that you do not need a big space to make an impact upon your surroundings. We'd like to congratulate



■ **GREEN FINGERS:** Charmouth resident Louise Tate won second prize for her large garden

and thank all the winners and entrants for sharing their gardens with us."

Julie Turner from Melplash was chosen as gardener of the year, impressing the judges with her creativity and outstanding floral display. The winner of the presti-

gious John Foot Cup was awarded to Beverly Joy of Bridport, and residents of Webbers Piece Sheltered Scheme in Maiden Newton picked up the prize for the best communal garden.

All entrants were invited to a cream tea presentation afternoon at Scats of

Dorchester, who were the sponsors of the gardening competition.

First prize, second and third prize winners received gardening vouchers and all entrants received a goody bag from Scats of Dorchester.

Town makes plans for D-Day anniversary

PLANS are taking shape for the D-Day 70th anniversary commemorations in Lyme Regis.

A public meeting was held in the town recently to share ideas on how the event could be marked in June 2014.

Facilitated by Lyme Regis Town Council and supported by Lyme Regis Museum and the Lyme Regis branch of the Royal British Legion, a series of events is being planned to honour seven decades since the Normandy landings.

American soldiers were based in Lyme Regis as they prepared for the invasion on June 6th 1944 and local men were also involved in the battle for Normandy.

Initial ideas that came from the meeting at the Woodmead Halls included collecting memories from those who lived in the town in 1944 and collating them in a book. Project organisers are also keen to involve people who now live in Lyme Regis but remember the lead-up to D-Day in other parts of the country.

There were suggestions to get local shops and businesses involved by having special window displays, and for local cafes and restaurants to serve 1940s dishes.

Ideas for special events included a 1940s dance and a commemorative ceremony at St Michael's Parish Church at 6am – the time of the first Normandy assault.

There was a suggestion to investigate which local buildings had been used for the preparations and perhaps hold events in them.

Lyme Regis Museum is researching all the local men

who died in battle and intends to produce maps and a display covering all Lyme's casualties.

Museum curator David Tucker said he was very keen on putting the emphasis on the local lads who fought, but were not necessarily based in Lyme Regis in the weeks leading up to the attacks.

It is hoped local schools will be heavily involved and St Michael's Primary School has already started thinking about how the children could contribute and learn about the era.

One local resident remembered how the American GIs used to wash their jeeps in the river and it was hoped this could be re-created.

Deputy town clerk Mark Tredwin said: "It was a very positive meeting with lots of interesting ideas raised."

"We are keen to get as many local people as possible involved in the commemorations to make this a real town event."

"We hope a community group will emerge over the coming months to take these ideas forward, with the intention of holding a second public meeting before the end of the year."

Anyone who would like to be involved with the planning or has suggestions for events is asked to contact the town council offices on 01297 445175 or email assistant@lymeregistowncouncil.gov.uk

Top garden designer returns home for talk

LOCAL boy Hugo Bugg excels at designing show gardens, and this will be the subject of his talk at the next meeting of Uplyme and Lyme Regis Horticultural Society on Wednesday, August 28th at 7.30pm.

Hugo runs an award-winning garden design practice, whose work ranges from contemporary roof terraces and urban courtyards to country gardens and public spaces. He was named Young Designer of the Year by the Royal Horticultural Society and has won two Gold medals at prestigious RHS flower shows, including Hampton Court Palace and Tatton Park, where he also won Best in Show.

His recent commissions include designing a tropical landscape within the futuristic new science museum of Trento, Italy, a building created by visionary architect Renzo Piano.

Hugo, 26, grew up near Uplyme, where his parents still live, and was a pupil at Woodroffe School. He studied garden design at Falmouth University.

Following his talk there will be an opportunity to ask questions and meet fellow gardeners and plant enthusiasts. Everyone is welcome with admission free for members and £2 non-members. Refreshments will be available. Please note the venue for this meeting will be Woodmead Halls in Lyme Regis, not Uplyme Village Hall as usual.

The society's July talk "Snakes Alive", given to a capacity audience, raised more than £300 which was to the RNLI as the talk formed part of Lyme Regis Lifeboat Week.

Society members recently planted three trees on the grass triangle opposite Uplyme Church to replace the 60-year-old Horse Chestnut that died and had to be felled last year.

The new saplings are Devon Whitebeam (*Sorbus devoniensis*), Crab Apple (*Malus sylvestris*) and Double White Hawthorn (*Craetagus laevigata* 'Plena').



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Celebrating the 27th Year of the SYMENE SPORTS CLUB

Chideock Football Club & Symene Cricket Club

GRAND FETE AND GIANT CAR BOOT SALE

Sunday, August 25th 2013, 12noon - 6pm

SYMENE Sports Club's 27th annual Fete and Giant Car Boot Sale, promises to be bigger and better than ever and hopes the sun will be shining.

Where else would visitors have the chance to meet the stars of Symene Sports Club, Chideock Veterans and Symene Cricket Club, but at the Symondsburys Sports Field on Sunday August 25th starting at 12 noon.

Last year this biggest date on the Symondsburys social calendar attracted more than 5000 visitors during the day, once more proving the enormous popularity of the event.

Organiser Richard Balson is proud of the fact the Symene Fete is now regarded as the biggest of its kind in Dorset.

From 12 noon until 6pm the usually tranquil sports field setting will be transformed into a hive of activity, offering one of the most inventive and entertaining fetes in the South West.

Every member of the family will find something to do judging by the enormous number and range of attractions. It really is a Fun for Everyone Fete!

Miss Bridport will open the fete at 12 noon, and as visitors would expect, there is a lot of emphasis on

sporting activities with Target Golf and Golf Putting.

Gamblers can opt for the Roll-a-dice game where the first person to throw six sixes will win a magnificent £200 prize.

Other attractions include the Coconut Shy, Bouncy Castle, various bottle stalls, Tombola, Skittles, Raffles etc.

Entertainment throughout the day will be from Steve Smith Roadshow, Jurassic Coast Mini Club, South Dorset Section of Vintage Motor Cycles, Target T.A.G.B. Tae Kwon-

Do Demonstration, Punch & Judy and the Giant Sack Race.

Refreshments including a licensed bar will be on tap all afternoon so that you can relax for a bit while keeping up with events, via commentary from the famous Steve Smith Roadshow.

The ever-popular Car Boot Sale was 140 strong last year and competition is very keen, so arrive early to secure your spot. With around 5000 visitors browsing around, your car boot will soon be empty!

For sheer fun, enjoyment and value for money Symene Sports Club Fete is hard to beat!

Richard Balson and his band of loyal volunteers says, "Come along on Sunday and have the time of your life!"

Car Parking is free, whilst there is a £2 entry donation to the MARK BROAD MEMORIAL FUND for adults with entry into the free draw, which will be announced at 5.00pm, whilst children are free.



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SUNDAY

25th AUG

12 - 6pm

Summer set to go out on a high!

AUGUST is drawing to a close and I'm starting to feel a little autumnal rather than summery.

As I returned to spending my Saturdays at Lyme Regis Football Club at the weekend, watching the boys play in the drizzle through the window, I wondered how summer had managed to whizz by so quickly once again.

But don't dig out the winter coats just yet, we still have a few more weeks of Summer-time in Lyme and the season is set to go out with a bang - I hope everyone's in the mood for some music!

The first ever Lyme Folk Weekend will be held over the weekend of August 30th to September 1st and is set to bring some top names to town, including Turin Brakes and Spiers & Boden.

I've heard tickets for the Marine Theatre and Pilot Boat gigs are selling well so if you haven't got yours yet don't hang around too



long! Tickets are available at Lyme Regis Tourist Information Centre (phone 01297 442138) or online via the festival website www.lymefolk.com

There will also be plenty of free entertainment to enjoy during the

weekend, including sea shanties, open mic sessions, morris dancing, busking and other live music in local pubs, at the Town Mill and Jubilee Pavilion.

Visit the website for full programme details.

Of course, the second music extravaganza to be held in the coming weeks will be Guitars on the Beach - set to be Lyme's biggest event ever with 2,500 guitarists now signed up to play Buddy Holly's "Rave On" in a record attempt at 5pm on Saturday, September 7th.

It is hoped the event will form "Britain's biggest band" and beat the Guinness World Record for the most people playing one song on guitar at the same time.

But it is not just the record attempt to look forward to, organisers have promised that the town will be filled with music for the entire weekend, with buskers in shops, cafes and bars, and two gigs at the Marine Theatre - one with Paul McCartney's former

guitarist Robbie McIntosh and one showing off the young talent of Lyme Regis.

Before the record attempt - to be led by the house band including West End actor and former star of musical "Buddy!", Billy Geraghty - on the Saturday, a musical build-up will be held on a beach stage, including six-year-old Darci Street singing "Over the Rainbow". There will be something for everyone!

■ NOT playing the guitar but still want to take part? Organisers of Guitars on the Beach are looking for volunteer stewards to help run events smoothly over the weekend on September 6th to 8th. Those interested should contact organiser Jill Newton by emailing jilnewton@btinternet.com

What I'm doing this week...

I WILL shortly be moving out of my town centre flat in an attempt to save some money and eventually get my first foot on the property ladder.

It's a perfect time to clean out the unwanted so I'll be selling it all at the next Football Club Car Boot Sale on Friday evening. The sales, organised by club supporter Michaela Ellis have proved a hit so far and will hopefully continue while the club is still able to use the pitch for parking.

There's lots going on in Lyme this Bank Holiday weekend. Events will include a book sale for the

Friends of Lyme Regis Museum on Saturday, 10am to 1pm, either outside the museum or in the Pilot Boat depending on weather.

On Sunday, members of the new Lyme Regis/Barfleur Twinning Association will be holding a fundraising barbecue at Lyme Regis Football Club from 2pm, ahead of formal twinning events in September. Perspective new members are welcome.

And don't miss the annual cream tea at the former Cliff Cottage Tea Garden, off Cobb Road, which re-opens its doors once a year for this special occasion

in aid of Amnesty International - 3pm to 5pm.

If the weather is fine this is set to be a real success, as views over Lyme Bay accompanied by a scone, cream and jam are irresistible!

■ CONGRATULATIONS to all those who collected their A-level results at the Woodroffe School in Lyme Regis last week. When I went up to take photos I was glad to see it was all smiles. The school will be doing it all over again this Thursday for GCSE students - good luck to all!

Lyme Lympics today!

A QUICK reminder that the second annual Lyme Lympics will be held on Lyme Regis beach today (Wednesday) from 5pm.

Well done to Hugh Dunford-Wood and organising team for bringing back this wacky event which was originally intended as a one-off last year. It is quickly becoming a summer favourite!

Games will include childrens' tug o' war, childrens' egg throwing, childrens' wheelbarrow race, waiters' race, skateboard/scooter mackerel relay, old fossils' mobility scooter race, childrens' six legged race, adults' eight legged race, caber tossing, partner jousting, blind football, adults' tug o' war.

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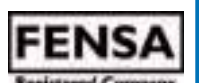
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LymeLetters

Generous boy donates to RNLI

■ AS one of many volunteers in the RNLI gift shop down by the harbour in Lyme Regis, I meet hundreds of visitors with fascinating stories to tell... sometimes too many stories as I try to cope with a shop full of customers!

However, this week, an eight year old called Joshua, from Birmingham, came up to the counter with his mum and handed me a crumpled £5 note.

"It's for the lifeboat," he said. Mum nudged him to explain. Joshua obliged by telling me he had gone mackerel fishing and had been quite lucky. When he

came ashore the family decided they did not want to eat Joshua's catch.

They were Joshua's fish, so it was Joshua's decision... he sold the fish for £5 and knew exactly what he wanted to do with the proceeds of his sale.

Joshua's generosity will result in a special letter of thanks from the RNLI.

*Richard Horobin,
Lyme Regis*

SEND YOUR LETTERS TO: View From Newspapers, Unit 3 St Michael's Business Centre, Church Street, Lyme Regis, Dorset DT7 3DB or email pemedia@pemedia.co.uk

The views expressed in letters to the editor are those of the author and not necessarily those of this newspaper

Town thanked for good wishes to prince

THE town of Lyme Regis has been thanked for its good wishes on the birth of Prince George of Cambridge.

A letter of congratulations was sent to the Duke and Duchess of Cambridge from the Mayor of Lyme Regis, Councillor Sally Holman, on behalf of all councillors and citizens following the birth of the new prince in July.

Town crier Alan Vian also made several special cries around the town, announcing the birth of the future king.

The mayor has now received a thank you letter from the Duchess of Cambridge's private secretary,

Rebecca Deacon, at Kensington Palace.

Miss Deacon said in the letter: "The Duke and Duchess of Cambridge have asked me to write and thank you very much for the kind letter you sent on behalf of the councillors and people of Lyme Regis to Their Royal Highnesses on the occasion of the birth of their son, Prince George.

"Their Royal Highnesses have been overwhelmed by the incredibly kind messages they have received and the Royal couple, their parents and families are so thrilled at this special time.

"The Duke and Duchess would have me send you their warmest thanks and best wishes."

looking ahead to artsfest...



B SHARP musicians will kick off Lyme Regis ArtsFest's impressive events schedule with a Busking Festival over the weekend of September 21st and 22nd from 11am until 8pm in the Marine Parade shelters and around town.

Always a crowd-pleaser, youth music group B Sharp is adding a set of "play me" drums to its popular "play me" piano in the shelters, which last year attracted 60 different pianists to tinkle the ivories to the delight of visitors. Could records be broken this year?

The Marine Theatre has scheduled three special events to take place over ArtsFest. On Wednesday, September 25th at 7.30pm, the Forest Forge Theatre Company will be exploring how change affects different generations in "Free Folk", a witty and poignant play by Gary Owen.

The next night, September 26th at 8pm, sees television comedienne Lucy Porter on stage with her best live show yet, called "Northern Soul", fresh from the Edinburgh Fringe.

ArtsFest's finale is yet another musical treat a performance on September 29th at the Marine Theatre by a true legend of British music, Maddy Prior. Together with two new musical partners, Maddy returns to perform the music of England, the British Isles and Eastern Europe, all in her own unique style.

Booking is highly advisable for these three evenings. Tickets are available from the Lyme Regis Tourist Information Centre (01297 442138).

Further details are available online at www.lymereg-isartsfest.com or pick up the free ArtsFest brochure, now available at tourist information centres, libraries and local shops in the region.



■ **TINKLE THE IVORIES:** B Sharp's popular 'play me' piano returns this year

ART AT THE TOWN MILL

THE Shed Gallery is busy planning their next event at the Malthouse, Lyme Regis, to combine with Lyme Folk Weekend over the August Bank Holiday, following successful exhibitions in London and Bristol over the past 12 months.

The show will run from Saturday, August 24th through to September 5th.

It is a group show of limited edition prints, original artwork and will also highlight the work of several photographers and artists in the Shed

Gallery.

Organisers are also hoping to include demonstrations and talks by several of the Shed community on their working practice, techniques and inspiration during the exhibition.

For more information visit the Shed's blog at www.theshedgallery.com/blog or contact creative director Chelsea Davine on chelsea@theshedphotography.com or phone 07518 423 862.

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FLOWER & DOG SHOW

Whitchurch, Morcombelake and Ryall

BANK HOLIDAY MONDAY, AUGUST 26TH 2013

101ST



▲ Flower Show 2012 Childrens Winning Vegetable Animal.



▲ Richard Legg - 2012 Men Only Cake Competition Winner.

August bank holiday can only mean one thing for the villages of Whitchurch, Morcombelake and Ryall, it is their 101st Flower and Dog Show. The event, which despite the bad weather last year drew over 600 people, starts at 2pm on the 26th August and is held in and around the Whitchurch Canonorum village hall (DT6 6RF). Entry to the show costs £1.50, with children under 16 free.

As well as many classes including flowers, fruit, vegetables, handicrafts and home produce (including the hotly contested "men only" cake competition), there is the increasing popular Family Dog Show with 11 different classes ranging from cutest puppy to most handsome dog. There is also a Gundog Scurry with a trophy for the fastest dog of the day. All dog show classes cost £1 to enter and like the main event, start from 2pm. For dog show enquires please contact Katherine on 01297 489330.

The Flower Show also has many other things to do and see such as Wyld Morris dancers, the Durnovaria Silver band, skittles, children's races (which start at 3pm), raffles, games and stalls. Refreshments include a licenced bar, teas, cakes and ice creams.

Flower Show exhibits must be staged between 8:30am and 10:30am. Entry forms (which are available from Morcombelake Post Office and the Five Bells Inn Whitchurch) must be completed and handed in not later than 8pm on Thursday 22nd August at either location. Prizes for best in show will be presented at 4:30pm. The Flower and Dog Show finish at 5pm.

Leading up to the main event is the Flower Show



▲ Committee Members including Secretary Caroline House, Chairman Paul White and Hon. President Pete Ray, planting a tree to mark the 100th anniversary.

Skittles week, which runs from the 19th to the 26th August (26th being throw off night). It starts nightly at 8pm at the Five Bell Inn, Whitchurch Canonorum.

A huge thank you from the Flower Show committee to all our sponsors, judges and helpers, without whom the show would not happen. In

the event of any surplus funds following the event, they will be donated to local charities. Last year we donated money to charities including Julia's House Hospice and the Dorset & Somerset Air Ambulance.

For general enquires about the show please contact Paul White on 01297 489083.

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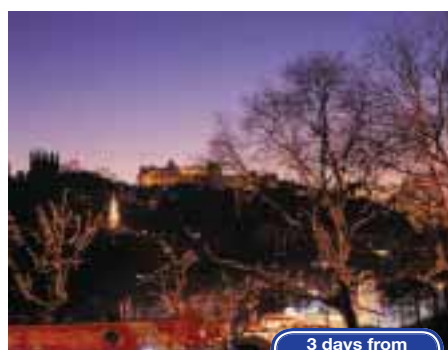
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View 2

The ultimate leisure guide for Dorset

The Albion Band set to headline Lyme Folk Weekend

*Folk legends are joined on the bill
by Turin Brakes, Spiers & Boden
and Carthy & Swarbrick
See page 25*



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TRANSMISSION

YOUR GUIDE TO LOCAL LIVE MUSIC

THE GIGS

Thursday 22nd August

Marine Theatre, LYME REGIS

Barb Jungr

Doors 7.45pm. Tickets £15/£13/£45 family.

Saturday 24th August

The Nags Head, LYME REGIS

Real Deal

9pm.

Crown Inn, BRIDPORT

Skinful

9.30pm

Sunday 25th August

The Nags Head, LYME REGIS

Break The Chain

4pm.

Crown Inn, BRIDPORT

A Tribute To Elvis - Tim Bassett

9pm

Friday 30th August -

Sunday 1st September

Marine Theatre, LYME REGIS

Lyme Folk Weekend

Visit www.lymefolk.com for more details.

Saturday 31st August

Electric Palace, BRIDPORT

Club night: High Life

9.30pm - late. £5 entry on the door.

Crown Inn, BRIDPORT

The Cadence

9.30pm

Sunday 1st September

Crown Inn, BRIDPORT

Jamming at The Crown

4-9pm

Friday 6th September

Electric Palace, BRIDPORT

Suzy Almond &

Elizabeth Hornby

Doors 7pm. Tickets £4+bf in advance, £6 on the door (half price for Electric Friends)

Bridport Arts Centre, BRIDPORT

Hank Wangford and the Lost

Cowboys

8pm. Tickets £16/£14/£10

Marine Theatre, LYME REGIS

The Night with Robbie

McIntosh - part of Guitars

On The Beach celebrations

Doors 7.30pm. Tickets £12.50

Saturday 7th September

Marine Theatre, LYME REGIS

Guitars on the Beach After

Party

Doors 7.45pm. Tickets £10

Electric Palace, BRIDPORT

Peter Hook & The Light

Doors 7.30pm. Tickets £21+bf.

Bridport Arts Centre, BRIDPORT

RSVP Bhangra

7.30pm. Tickets £15/£14

Crown Inn, BRIDPORT

Midlife Crisis

9.30pm

Sunday 8th September

Crown Inn, BRIDPORT

Richard Kennedy

4-6pm

Wednesday 11th Sept

Electric Palace, BRIDPORT

Chantel McGregor

Doors 7pm.

Tickets £13+bf adv, £15 on the door.

Friday 13th September

Bridport Arts Centre, BRIDPORT

Concerts in the West: Aquinas

Piano Trio

11am. Tickets £8 / £7 / £5

Bridport Arts Centre, BRIDPORT

Jazz: Twomanting

8pm. Tickets £10

Saturday 14th September

Crown Inn, BRIDPORT

The Perfect Strangers

9.30pm

Thursday 19th September

Electric Palace, BRIDPORT

Ethan Johns, plus support

from Trevor Moss & Hannah

Lou

Doors 7pm.

Tickets £11+bf adv.

Friday 20th September

Marine Theatre, LYME REGIS

Jazz in the Bar: Annika

Skooch and Philip Clouts

Doors 7pm.

Tickets £6.50 adv, £7.50 on the door.

JAZZ STAR JUNGR AT MARINETHEATRE

Barb Jungr brings her effortless style to Lyme Regis

LONG acknowledged as a unique interpreter of popular song and one of Britain's top singers, award winning performer Barb Jungr has brought her own writing and interpretation of great songs together in this fabulous new collection featuring some of her favourite song-writers.

This is Barb Jungr like you've never heard her before, in a deeply soulful, richly groove laden show which explores Jungr's trajectory from the roots of her European upbringing in the Northwest of England to her international cult status as one of the great song stylists.

'Stockport to Memphis', Jungr's new album, is jam-packed with her extensive repertoire of material familiar, unusual and original in a rollicking, emotionally contrasting and unforgettable show that will have audiences screaming for more.

The unique artistry of Barb Jungr has brought rave reviews internationally, and two New York Awards; her acclaimed recordings and her live performances have brought her to the world's stages.

Barb Jungr performs at the Marine Theatre, Lyme Regis this Thursday, August 22nd. Doors open 7.45pm with the performance from 8.30pm. Tickets cost £15 (full), £13 (concessions) and £45 (family 2+2). A TheatreFriends

discount is available. Tickets can be booked online at www.marinetheatre.com, or from Lyme Regis TIC (01297 442138).



BARB JUNGR

Performing songs from her new album

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THE VENUES

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TWO CATS IN HATS

Local musicians come together for folk and classical collaboration

TWO local emerging female musicians join forces to create an evening of unique original music that spans folk and classical.

Elizabeth Hornby's evocative, cinematic solo piano music is inspired by a childhood spent growing up in West Dorset, and a love of its beauty, romance and sheer wildness. New album 'Butterfly Island' - a follow up to her first release, 2012's 'Lady of Lewesdon Hill' - further develops her ability to compose music that sings the landscape. Although nature inspired, this time the songs are more personal, minimalist and contemporary. 'Butterfly Island' forms the musical backdrop to the national tour of the 'A Graceful Death' arts exhibition, and is described by its curator Antonia Rolls as "uncomplicated, unsentimental and moving." Elizabeth's musical influences include Michael Nyman, Rachel Portman and Debussy. Live shows involve semi-improvised rolling, evolving sonatas, and confidently span the ambient and the classical. Hailing from the London and New York alt-folk

scenes, with the voice of a torch singer and a penchant for off-beat storytelling, Suzy Almond writes songs that haunt, yet somehow uplift. Appearances on 6 Music and at international festivals have honed an intimate live act, and two years as a Bridport local has given her music a new twist - with pared lyrics and a more spacious sound. Suzy is now working on her first album, supplementing her stripped down guitar-vocals with piano and strings. Influences include Richard Thompson, Thea Gilmore and Jesca Hoop.

Two Cats In Hats: Suzy Almond & Elizabeth Hornby perform at Bridport's Electric Palace on Friday, September 6th. Doors open 7pm, and performance starts at 8pm. Tickets cost £4+bf in advance, or £6 on the door (half price for Electric Friends), £2 under 18s.

For more details or to book visit the website www.electricpalace.org.uk or call Bridport TIC on 01308 424901.



The Nag's Head

Silver St, Lyme Regis

Tel 01297 442312

FORTHCOMING EVENTS

Wednesday 21st August

QUIZ NIGHT

IN AID OF CHRISTMAS LIGHTS

Saturday 24th August

REAL DEAL

Sunday 25th August - 4pm

BREAK THE CHAIN

Saturday 31st August

DESIGN

Saturday 7th September

CHRIS BANDERAS

Saturday 14th September

DELTA TANGO 7

www.nagsheadlymeregis.co.uk

Interwoven Productions Present Antara

INTERWOVEN Productions are looking forward to coming to the Bridport Arts Centre on September 10th. Antara is a new production combining the extraordinary talents of Ajeesh K Balakrishnan, fresh from the Attakkalari Centre for Movement Arts in Bangalore and Exeter-based dancer Kay Crook with the words of south west writer JoJo Spinks in collaboration with urban poet Steve Duncan. In a truly inter-cultural collaboration Antara brings elements from across the globe here, to the south west, in a visually stunning performance. The team feel that Bridport is just the place to bring such a celebration of diversity.

The project has particularly benefited from the Artistic Direction of Amanda Knott, who trained at the Royal Ballet and performed with Ballet Rambert before becoming Artistic Director for professional touring company Creative Cow. Amanda said:

'Antara mixes rhythmic, world-music with urban, British poetry. The combination of these evocative sounds fires the choreographic imagination and superbly underscores the poignant story of a bewildered young man. To balance the mix is my challenge and one I relish.'

Producer JoJo Spinks said: 'We're incredibly excited to bring our show to this great venue and were particularly keen to come to the very cultural town of Bridport. We've already been given a lovely welcome by local traders.'

Check out Bridport Library for details of Indian dance demonstrations in Bridport in early September. Dance stars Ajeesh K Balakrishnan and Kay Crook are warming up to give Bridport residents a little taster of the full show, Antara.

Tickets for the show on Tuesday, September 10th cost £10/£8/£5 and are available online at www.bridport-arts.com or by calling 01308 424204.



Ajeesh K Balakrishnan and Kay Crook

Thomas Hardy Talk

SAMANTHA Briggs of the University of Exeter will be giving a talk at Dorset County Museum as part of the Thomas Hardy Series 2013, on Thursday, August 29th at 7.30pm.

This is the third in a series of five lectures about Thomas Hardy and is part of a larger project including the National Trust and the University of Exeter. It is hoped that the more academic nature of these lectures will provide the general public and lovers of Hardy's novels with an increased connec-

tion to contemporary ideas about his work.

Thomas Hardy is the only major English novelist to have also been a professional architect. This lecture will provide an overview on Hardy's architectural career and show how he engaged with nineteenth century debates about the built environment in his fiction.

Entry to the talk is free but a donation of £3 is encouraged to cover costs. Everyone is welcome and there is no need to book. Doors open at 7pm.

FUNK FOLK BY THE SEA

The Albion Band set to headline Lyme Folk Weekend's Saturday night

THE Albion Band, the electric folk combo, will rock Marine Theatre on Saturday night (31st August) as part of Lyme Regis' very first Lyme Folk Weekend. Nailing their reputation for feel-good music, their set will bring Saturday to a partying climax after a day of full on folk.

From mid-day to midnight visitors will be spoilt for choice – whether electric folk or the more traditional kind, there will be crowd-pleasers to suit every taste and pocket – at the Marine Theatre, The Pilot Boat and along the sea-front. And not forgetting shanty singing, mass Morris dancing and a camper van rally.

Julie Sheppard, the festival's publicist said: "Saturday night is the Albion Band's night. Just about everybody's played in this band at some time - the roll-call reads like a "who's who" of folk. But, under Blair Dunlop, son of the original founder, and with a bunch of new musicians, it's not just reformed but transformed. Think Lynyrd Skynard meets morris dancing – via rural Gloucestershire".

She went on: "Their latest album Vice of the People is a collection of protest songs but without the hand-wringing. This is folk rock at its vital, pulsating best. In Thieves Song, for example, the lyrics advise "So put no faith in rich men, though gold they have in store

/ For now they have the taste of it they'll want it 10 times more!" I wonder which particular set of bankers, hedge fund managers or frackers had they in mind? This is not reverential, finger-in-the-ear type folk but full on guitar driven dance music. So, strap on your high-heeled sneakers for this one".

On Friday evening, the indie folk band Turin Brakes, with a sneak preview of their new album, We Were Here, will

headline a talent packed session at Marine Theatre and on Sunday night, Martin Carthy and Dave Swarbrick and Spiers and Boden will bring the festival to a fitting finale.

"There's a lot going on – it's definitely an all singing-dancing Saturday in Lyme Regis – with something for everyone. Throughout the weekend there'll be a good mix of local, national and international acts. It's great that local acts such as Slipstream, Linnet, Hunt & Robertson, B Sharp, Stompin Dave Allen and RPM will all be playing. We know that people are attracted initially by the big names but in my experience it's often the lesser known artists or music you don't normally listen to which often surprises and delights – so I'd encourage people to be adventurous and explore different genres". /more

The organisers hope the festival will become an annual event. A free printed programme listing all the events on offer and running times at the various venues, is now available in and around town from all the usual outlets. More information about what's on and tickets from www.lymefolk.com. Tickets also available from Tourist Information Centre in Lyme Regis on 01297 442138. Limited ticket availability on the door.



The Albion Band

THE MELPLASH SHOW

West Bay, Bridport, DT6 4EG

Thursday 22nd August 2013

8am to 6pm

A traditional country show with lots to see and hosts of attractions

- Cattle, pigs, sheep, goats • Horses, ponies, donkeys • Heavy Horses • Farm machinery • Vintage tractors, motor bikes & classic cars • Ferret & terrier racing • Gun Dogs and falconry • Offers • Local foods • Rural Crafts • Cookery Theatre • Show Jumping • BOQ+ trade stands. Also special main ring and childrens entertainment.

Children Go Free!

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Advanced tickets available on-line and from local outlets...

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On the day: Adults £13
Advance tickets: Adults £11 available online

www.melplashshow.co.uk

FREE BUS
from Lyme Regis, Charmouth, Chickerell & Bridport

MARINE THEATRE

LYME REGIS

See you in the Stage Door Bar!

Thursday 22nd August

BARB JUNG

Doors 7.45pm / Onstage 8.30pm
Full Price: £15 / Concessions: £13
Family (2 Full Price 2 Conc.): £45.00
Theatre Friends Discount Available

Friday 23rd August

BARBERSHOPERA

7.30pm
Full Price: £12
Concessions: £10
Family (2 Full Price 2 Conc.): £30.00
Theatre Friends Discount Available
Also at Bridport Arts Centre

Box Office: Lyme Regis TIC 01297 442138
or buy online at www.marinetheatre.org.uk

SUPPORTED BY LYME REGIS TOWN COUNCIL AND WEST DORSET DISTRICT COUNCIL

ENERGISE

Stay fit and healthy in West Dorset

Rob - Week 11

The final week is approaching and this week we are focusing all of Rob's workouts on the TRX trainer. The TRX Suspension Trainer uses gravity and your bodyweight to perform hundreds of different exercises on one piece of equipment. The benefit of kinesis is you're in control of how much you want to push yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

Last week Rob suffered a slight hamstring pull so we had to factor in extra rest days into his training routine. We also increased his carbohydrate intake slightly to bring his energy levels up as we noticed signs of fatigue during and after his training sessions. He is now back to full fitness so we are going to push him hard this week

The TRX Suspension Trainer:

- Delivers a fast, effective total-body workout
- Helps build a rock-solid core
- Increases muscular endurance
- Benefits people of all fitness levels
- Can be set-up anywhere (gym, home, hotel or outside)



Rob's TRX Suspension Trainer Workout

1. 15 Chest presses
2. 15 Pull ups
3. 20 Squats
4. 15 Bicep curls
5. 15 Tricep extensions
6. 20 Jumping Lateral Squats

- Rest 1 minute and repeat 4 times
- **Rest**
 - **Ice** (20 minutes every two waking hours)
 - **Compression** (apply pressure to the injured area with a bandage)
 - **Elevation** (above heart level)

The Kamikaze 'Banzai Charge'

THE valleys around Mapperton Farm, Beaminster, Dorset, will echo with the collective 'Banzai' roar of 500 hundred adventure runners taking part in the Kamikaze Banzai Charge on Sunday, September 8th. The event offers an eight mile cross-country course, complete with challenging obstacles engineered to test fitness, nerve and determination of all those who don the Kamikaze headband.

Now in its sixth year and renowned as the one of the toughest, and yet the most fun one-day endurance events in the UK, Kamikaze competitors throw themselves down Banzai slides, across rope swings, into bogs, and rivers and over obstacles in the quest to become the coveted 'Banzai master'. All those successfully negotiating the 'Valley of Doom', the balance beam wet sponge throw, The Rope Tangle, and the 8ft 'Tour of Grease' among other obstacles and completing the course, will receive finishers medals as testament to their achievement.

Event organiser, Ben Mason from Votwo says; "This event has built a reputation for being a muddy good day out! This year we have been busy creating an even more energy-sapping course to test the metal of returning Kamikaze warriors. Previous competitors have described the Kamikaze as 'physically demanding but totally awesome at the same time' and some said 'the most fun they had EVER had during a running event'.

Facilities include free on site car parking, great spectator viewing, hot food and drinks from the Votwo cafe, music and race commentary. All competitors receive a Kamikaze headband to wear bearing their race number. Teams and individuals are welcome.

To register for the event or to find out further information on the Kamikaze Banzai Charge or any other Votwo event visit www.votwoevents.co.uk. The location is Mapperton Farm, Beaminster, Dorset, DT8 3NS

BEAMINSTER COMMUNITY SPORT ASSOCIATION LTD

MONDAY

3.45 - 4.30pm 11-16 YR OLDS TRAMPOLINING COURSE
4.30 - 5.15pm 4-10 YEAR OLDS TRAMPOLINING COURSE
5.00 - 6.00pm SILKS AERIAL COURSE 11-16 YR OLDS
5.15 - 6.15pm PILATES
6.15 - 7.15pm SILKS AERIAL COURSE ADULTS (16+)
6.30 - 7.30pm CIRCUITS
7.30 - 8.30pm GROUP STUDIO CYCLING - Ladies Only

TUESDAY

6.30 - 7.30pm ZUMBA

WEDNESDAY

4.00 - 6.00pm GYMNASTICS
6.00 - 6.45pm GROUP STUDIO CYCLING
7.00 - 8.00pm BACK 2 NETBALL CLUB
8.00 - 9.30pm VOLLEYBALL

THURSDAY

6.30 - 7.30pm KETTLECISE

FRIDAY

5.00 - 6.00pm SILKS AERIAL COURSE 11-16 YR OLDS
6.15 - 7.15pm SILKS AERIAL COURSE ADULTS (16+)

For further information on classes and courses please call Richard on 07792 791038 or 01308 861911

Nutrition Tip

YOU need to listen to your body, if you're are feeling ill or suffering from an injury you need to give your body time to rest so it can recover. Otherwise all you are doing is putting excessive stress on your immune and nervous system pro longing your recovery time, affecting your training which will affect your results! Rob had a hamstring issue so we stretched loads and had extra rest days; the hamstring is now better so he can get back into his workouts. If you are suffering from an injury follow the RICE protocol for the first three days

SQUASH COURSE

Beginners (8+ years)
Tuesday 3rd September -
Tuesday 17th December
4.30pm - 5.30pm

Improvers (11+ years)
Wednesday 4th September -
Wednesday 18th December
4.30pm - 5.30pm

WATER POLO

Mini Water Polo (7+ years)
Monday 2nd September -
Monday 16th December
6.00pm - 7.00pm

Junior Water Polo
Monday 2nd September -
Monday 16th December
7.00pm - 8.00pm

AFTER SCHOOL ACTIVITIES

To book or for further information please call Reception on 01308 427464

bridport leisure centre

www.bridportleisure.com

There are many adventure races...

...but few as crazy as the Kamikaze.

8th Sept Bridport, Dorset www.votwoevents.co.uk

Golden YEARS



A 12-page pull-out guide to elderly care, help and services
in East Devon, West Dorset and South Somerset



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Altogether Care

Nursing and respite care in Dorset at its very best

IF YOU'RE looking for luxury nursing or respite care then look no further than the Grade 2 listed Victorian Steepleton Manor, at Winterbourne Steepleton. Owned and ran by Altogether Care, residents at Steepleton Manor benefit from the highest standard of elderly care delivered by an expert team of nurses, whilst enjoying the most gracious accommodation and facilities, with access to 6.5 acres of private grounds, in the peaceful village of Winterbourne Steepleton.

Altogether Care value their residents independence, which is why you'll find a range of facilities such as; a well-stocked library, fine choice of food, swimming pool, walled garden, a shop, hair dressing salon, regular bus trips out and a fulltime activity and outings co-ordinator all at Steepleton Manor.

So whether it's just a short break or long term care, a stay at Steepleton Manor is a high quality, relaxing, yet sociable experience. With its attentive care staff, impressive facilities and grounds, it feels like home. To find out more about Steepleton Manor, speak to a member of Altogether Care's friendly staff on 01305 300 161, or visit their website at www.altogethercare.co.uk



▲ Steepleton Manor



Care... when you want it, where you want it.

The Perfect Fit

Our forward-thinking Care Match options are designed for your future, so no matter how your care needs might change, you can simply switch to the most appropriate service for care that fits around you.

The Perfect Balance

Altogether Care is a family business established for 25 years and brings family values to life. Creating the ideal environment and support for individuals we deliver just the right balance between independent living and professional care.

Care Match available throughout Dorset and South Somerset. Care Homes located in Dorchester, Maiden Newton, Weymouth and Yeovil.

01305 300161

info@altogethercare.co.uk
www.altogethercare.co.uk

Altogether Care

Seaswift House

SEASWIFT House is a large and comfortable residence, being situated in Seahill, opposite the beautiful flower gardens, bowling and putting greens. The situation of the house makes easy access for residents, as it is only three minutes walk to the Sea Front, Post Office, Library, Banks, Shops, Restaurants, and Churches.

The rooms at Seaswift House are spacious and tastefully decorated, with individuality and colour, so no room is the same. All of the rooms have a colour television and private telephone if required. A stair lift is also available.

The business is privately owned by the resident proprietor Mrs Kate Jackson, who is in touch and available on a daily basis.

Kate and the staff at Seaswift House are all dedi-

cated to running the sort of Care Home that ensures residents feel happy and secure, and to know they are among friends, to live their lives as they wish, with dignity, independence and freedom of choice, but with the assurance that help is always at hand. To be able to receive their relatives and friends into their home, with the privacy they require.

Realising, that the decision to move into residential care is a very big one for all concerned, Kate and the team invite you to visit, have a cup of tea or coffee and look around.

Seaswift House offers all these things and their promise to you is, they will always have time to listen.

We currently have a beautiful large en-suite room available, with lovely sea views and views of the Bowling Green and gardens. It has recently been refurbished. Early viewing is recommended if you are interested.



SEASWIFT HOUSE

Residential Care for the Elderly

Tel: 01297 24493 Fax: 01297 21149

Seaswift House is a 14 bedded
Private Residential Home
for the elderly

Kind and caring staff where nothing is too much trouble, make this a lovely home to live in and our staff have been with us for years. Something we are very proud of.

Delicious food and a glass of sherry is offered at lunchtimes and glass of wine, for anyone who would like to participate.

We overlook Seaton bowling green and the flower gardens, and we are just a two minute walk to the sea and shops

*Please come and have a
look around and have a tea
or coffee with us.*

*Contact us on 01297 24493
and ask for Kate Jackson or
Leanne Phillips.*

Thistlegate House

THISTLEGATE House is a splendid and most elegant residential care home which offers "possibly the finest residential care in the south west". The Grade II Lutyens inspired "arts and crafts" style property retains the ambience of a fine country residence with its timber beamed ceilings and stone feature fireplace. The large comfortable lounge which is set out in a manner to encourage conversation or privacy as desired, overlooks the formal part of the four acre grounds which boasts many fine trees, terraces, walkways and a delightful sunken garden together with far reaching views of the surrounding countryside across to Lyme bay.

As you enter Thistlegate House the comfortable calm relaxed atmosphere is immediately apparent and welcoming. The accommodation is spacious and tastefully decorated as you would expect of a house of this style. The



high quality care is provided by a very experienced professional staff together with the resident proprietors, June Webb and John Corney, who are available to residents and staff alike throughout the day and night which ensures that the very highest standards of care are maintained at all times. The excellent cuisine at Thistlegate

House is a very important part of daily life with the highly varied menus being planned by the chefs and June Webb on a daily basis, the elegant dining room provides the ideal setting where the residents receive silver service.

Great emphasis is placed upon achieving a feeling of wellbeing for the residents of Thistlegate House by appreciating their individuality and providing the care that they need in the manner that they require. There are many additional aspects and services available to residents at Thistlegate House. We would be pleased to discuss these, along with the level of care required for yourself, a relative or perhaps a friend and establish exactly how we at Thistlegate House may be of help to you.

For further information please contact Mrs. June Webb or Mr. John Corney Tel: 01297 560569 or visit our new internet web site www.thistlegatehouse.co.uk



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A home for discerning residents who like to be safe, secure and enjoy their time.

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Dorset's Leading Mobility Specialists

ESTABLISHED in 1996 we are a local independent company specialising in supplying the highest quality mobility products.

Working closely with the local health authority our staff have over 50 years experience and offer free medical assessments to ensure you purchase the correct equipment suitable for your needs. We welcome our customers to test drive any of our display vehicles with our highly experienced advisors to ensure they are 100% confident with their choice.

Visit one of our prestigious showrooms in Poundbury or Weymouth to see the latest and largest range of:

- Mobility Scooters
- Manual & Powered wheelchairs
- Stairlifts
- Rise & Recline armchairs
- Profiling Beds
- Bathlifts

- Daily Living Aids
- Personal Care
- On Site Workshop

With our products comes a platinum service package which gives our customers maximum support including FREE breakdown cover and FREE loan vehicles. We offer service & repair of all equipment, in our modern service department and have a wealth of knowledge in the industry.

We are active members of the BHTA (British Healthcare Trades Association) which is governed by Trading Standards this gives total buyer reassurance to all our customers.

Both our sites have ample free parking and level access to the premises.

But if you can't make it in, we can arrange transport or demonstrate products in your own home without obligation.



Est. 1996

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www.active-mobility.co.uk

Opening hours: Mon-Fri 9.00am-5.30pm Sat 10.00am-4.30pm

Is the time right for Nursing Home or Home Care?

HOW do you know when the time is right to consider the decision of placing someone in a nursing home for more care?

If you're the caregiver for a loved one with Alzheimer's or another dementia, maybe you've wondered the same thing. Maybe you're taking

care of your loved one in your home and your situation is working out really well. Or maybe you're in that situation of wanting desperately to keep your family member at home, but you're starting to feel that the challenge of balancing everything in life might be too much at times.

Reasons Nursing Homes Are Avoided

Families often experience guilt and anxiety related to even the thought of nursing home placement. They may have made a promise years ago to their loved one that they wouldn't ever put them in a nursing home. Some might feel like it's their duty to care for their spouse in their own home. Or, they may have had a bad experience (or heard of one) with a nursing home and are fearful of making that choice.

When Nursing Home Care Happens by Default

Occasionally, there are situations where it's clear that the time has come for nursing home care.

These could include severe illness, injury or hospitalization of the caregiver or person with dementia, or the death of the caregiver. Those sudden changes often necessitate immediate nursing home placement and sometimes individuals end up in facilities almost overnight, with very little time to research different facilities.

Signs that the Time for Nursing Home Care Is Near

Outside of those sudden changes, when is it time? What are signs to pay attention to? How do you know when you should make that move to a nursing home or if you can continue to make things work at home?

The Orchards

Orchard Lane
Crewkerne
Somerset
TA18 7AF

The National Gold Standards Framework is committed to improve care quality in the UK. The Gold Standard is awarded to organisations demonstrating best practice and is nationally recognised by the general public, commissioners and regulators.

- State-of-the-art, purpose-built Care Home with nursing
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- Daily activities tailored to our residents
- Enclosed gardens with patios
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- 44 beds

For further information or to have a viewing, please contact Kirsty Sansum, RGN/Manager, on 01460 76267.

Safe and restful like home; living in the heart of the community

Owned and managed by Somerset Redcross Trust, a registered Charity. Visit the Trust's website: www.srttrust.co.uk

Discount Mobility Store

"WE will not be beaten on price" is the theme running through the store. We offer fantastic value for money at the lowest price in town! Visit our showroom at 8 St Thomas Street, Weymouth, for sales/hire of scooters stairlifts, wheelchairs, rise/recliners, rollators plus much more.

We offer fantastic value for money on all mobility equipment and we will beat any price in town.

We offer local shoppers a FREE half day hire for Mobility Scooters and wheelchairs. Our demonstration equipment is available to try free of charge, and if you can't make it to our showroom, our friendly and helpful staff will come to you and help you choose a piece of mobility equipment that suits your needs, without obligation.

We offer a thorough service

and repair facility on all makes of scooter, and all servicing includes a full valet of your vehicle
Contact our experienced staff

on 01305 777755. We can demonstrate some of our products in the comfort of your home without any obligation.



If you no longer enjoy the hustle and bustle of the shops, you'll love this

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Wiltshire Farm Foods
taking care of mealtimes

The importance of exercise as you get older

PHYSICAL activity and exercise can help you stay healthy, energetic and independent as you get older. Adults aged 65 and over spend on average 10 hours or more each day sitting or lying down. This makes them the most sedentary age group. They're paying a high price for their inactivity, with higher rates of falls, obesity, heart disease and early death compared with the general population. As you get older, it's even more important that you remain active if you want to stay healthy and maintain your independence. If you don't stay active, all the things you've always enjoyed doing and taken for granted start to become that little bit harder. You may struggle to pursue simple pleasures, such as playing with the grandchildren, walking to the shops, leisure activities and meeting up with friends. You might start to get aches and pains that you never had before, and have less energy to go out. You may also be more vulnerable to falling. This can all lead to being less able to look after yourself and do the things you enjoy.

Strong evidence

There's strong scientific evidence that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia.

What doesn't count?

Daily chores such as shopping, cooking or housework don't count towards your 150 minutes because the effort isn't hard enough to increase your heart rate.

If you want to stay pain-free, reduce your risk of mental illness, and be able to go out and stay independent well into old age, you need to keep moving. It's that simple. There are lots of ways you can get ac-



tive, and it's not just about exercising. Most people as they get older want to keep in touch with society – their community, friends and neighbours – and being active is a way to ensure that they can keep doing that.

What is physical activity?

Physical activity is anything that gets your body moving. It can include anything from walking to recreational sport.

The first thing to bear in mind as you get older is to keep moving. On a basic level, that means making sure you don't spend hours on end sitting down during the day. This means avoiding long periods of TV viewing, computer use, driving, and sitting to read, talk or listen to music. While some activity is better than none at all, to get the maximum health benefit, you should aim to do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity every week. Aim to do something every day, preferably in bouts of 10 minutes of activity or more. The more you do, the greater the health gains. One way of achieving your weekly physical activity target is to do 30 minutes on at least five days a week.

On at least two days a week, activities should include those that strengthen muscles and bones, such as weight training, carrying heavy loads and heavy gardening.

Examples of moderate-intensity aerobic activities include:

- walking fast
- doing water aerobics
- riding a bike on level ground or with few hills
- playing doubles tennis
- pushing a lawn mower



Bridport Mobility

AT Bridport Mobility, our aim is to offer advice and quality products at affordable prices to each of our customers. At Bridport Mobility we believe everybody should be entitled to independence and freedom in every aspect of their lives. We are proud to offer a vast range of products, all designed to make those living with disabilities feel capable and secure.

We are members of CED, the Community Equipment Dispenser Scheme.

Why not come and see our convenient and well stocked show-

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- Walking Frames
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Our professional team will be on

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COOK

HAVE you ever tried a frozen meal made by those clever chefs from COOK? Their founding principle in 1997 was to cook using the same ingredients and techniques you would at home, so everything looks and tastes homemade. And today, nothing's changed. Their meals taste as good (or maybe a little better) than you would make at home.

They have two shops in the area, one on Corporation Street in Taunton and one in Tudor Arcade in Dorchester. Both shops offer a home delivery service making their delicious meals even more convenient.

Their meals come in a number of portion sizes and cover everything from Liver and Bacon to Roasted Confit of Duck. You'll also find they have a selection of meals for smaller appetites.

In addition to the quality of their meals, they pride themselves on the service they offer and when they deliver they will gladly put the meals away in your freezer if you wish.

If your paper is The Weekender, Pulmans View, or you live in Lyme Regis, you should call the Taunton shop on 01823 323001 to request a menu. If your paper is a View From please call the Dorchester shop on 01305 756571.

Alternatively you can visit www.cookfood.net.



COOK

www.cookfood.net

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Could you, a friend or a relative benefit from the convenience of delicious frozen meals?

Pulman's View From & WEEKENDER

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from View newspapers

in West Dorset

Readers can have free delivery from COOKfood Dorchester
01305 756571 (min order £30)

Single meals from £2.99

Please call either shop for a copy of our menu

Overington Care

OVERINGTON Care Ltd is an Independent Domiciliary Care Agency, established in 2013 by Managing Director Nichola Overington. They are situated in the beautiful seaside town of Seaton. They provide a 24-hour service, with a wide range of Care Services to assist adults wishing to remain living in their own homes on a one-to-one basis, allowing them to live independently, tailoring their service to meet the clients individual needs. Overington Care also provides Health Care Assistants, Support Workers and RGN to Residential, Nursing and Learning Disability Homes, throughout the South West.

Overington Care Ltd is registered with the Care Quality Commission (CQC) and they work within the guidelines and Legislation of accepted good practice.

At Overington Care, they pride themselves on their professionalism and dedication. All staff members are checked via a Disclosure and Barring Service (DBS) prior to commencing work.

Overington Care also provides the optional FREE installation of Invicta Telecare. If the client has a fall at home, Invicta Telecare receive a signal from a pendant or impact detecting wristband device, and they then immediately contact Overington Care who will then attend to the client. There is NO EXTRA call out fee for unscheduled/emergency callouts, and the client only pays for the time a member of staff is in attendance

with them. There is also NO EXTRA charge for mileage, as this has already been calculated into the fees. Call Overington Care today and

see how they will be able to help you or your loved ones, you will be pleasantly surprised by the services they provide.



Richard Stent Optometrist



RICHARD Stent Optometrists, your local independent opticians provide free NHS eye exam-

inations for the over 60's. Having regular eye examinations to check the health of your eyes is important. An eye examination can detect conditions such as cataracts, macular degeneration, glaucoma; all of these can cause difficulties with your sight. Checking your spectacle prescription is up to date also ensures that you get the best possible vision when wearing your glasses.

Our Dispensing Opticians will give you expert advice on choosing the most suitable eyewear including varifocal lenses. Richard Stent Optometrists are Nikon and Essilor stockists and specialise in varifocal dispensing, keeping up with the latest innovations in lens design.

We have appointments available Monday to Friday 9.00 - 5.30pm and Saturdays 9.00 - 1.00pm. Call in or contact us on 01460 53921.



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Cornhill, Market Square
Ilminster
Tel: 01460 53921

Hazelwell Lodge

HAZELWELL Lodge is a 35 bed Care Home for the elderly situated in Parish town Ilminster in South West Somerset. Miss Edna Maxwin took over the running in 1987, for people with Old age and dementia. Her aim was to change people's perception of care homes and how people view their autumn years. We are now a 35 bed home specialising in care for those who suffer from dementia and associated behavioural issues that may cause challenges in an unsupervised setting. The operation of the home is designed to enable such residents to resume a more appropriate and desirable way of living that deals with their individual needs on a personal level. We provide safe environments that are adapted to the unique needs of the resident so that they can enjoy as much independence, mental and physical stimulation as possible. Miss Maxwin has now been joined in the ownership

of the home by her son Chris Ochoa. With the support and interaction of local authorities, NHS and Healthcare professionals it is

clear to see that Perceptions HAVE changed and Hazelwell Lodge holds an important and respected position in the local community.



Overington Care



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We focus on providing person centred care, in our 35 bedroomed home, specialising in Dementia, with our highly trained, dedicated team of staff.

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For further information please contact:

Claire Kingdon on 01460 52760 | claire@hazelwell.co.uk
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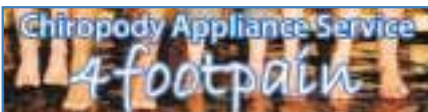
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YOUR foot comfort is as important to us, as it is to you. We appreciate how problems with your feet can cause problems to you both physically and emotionally.

Let's face it it's no fun coping with constantly painful, sore or aching feet.

We have been making insoles for Chiropodist's & Podiatrist's patients for over 28 years and understand that people's foot problems vary greatly. For specialized foot care we always suggest you contact a Podiatrist or Chiropodist, however, we also know our standard range of products might be what you are looking for.

We supply to private customers and medical practitioners, ie Podiatrists, Chiropodists, Physiotherapists, Orthopedic services.



Manufacturers of high quality insoles to the NHS for over 30 years!

We offer a range of foot supports and comfort insoles to the public via our website

www.4footpain.co.uk

Full length insoles - ¾ length insoles - Metatarsal pads
Toe Supports - Ramblers comfort - Sports comfort
Available for sports shoes, running trainers and fitness footwear

PO Box 32, Colyton, Devon EX24 6YR
t: 01297 553818 e: 4footpain@googlegmail.com

Higer Ground Meadow

OUR Natural Burial Ground is set within the beautiful west Dorset landscape and offers far reaching panoramic views. For those who cherish the countryside and its wildlife this is the perfect place to be laid to rest with dignity in a secure setting of timeless beauty.

When a loved one dies many families have to face a situation for which they are not prepared. At Higher Ground Meadow we welcome the opportunity to help you at this difficult time and we will liaise with your funeral director. We feel passionately that the funeral ceremony which takes place needs to be individual, to honour the deceased and celebrate their life. Burials may follow a church service or any type of ceremony held here. There will be no rush as we normally only hold one service per day, giving mourners privacy, space and time.

Perhaps you are looking for the right place to inter a loved one's ashes, we offer plots in the meadow or the new woodland. Please consider viewing our burial ground, phone for an appointment if you would like me to meet you there. Many families are finding peace and comfort from laying their loved ones to rest here.



Higher Ground Meadow

Natural Burial Ground

A very special place for your loved one to be laid to rest

For further information please call,
Joanna Vassie.

Higher Ground Meadow, Hackney
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Tel: 01935 891245

Website:

www.highergroundmeadow.co.uk

Our technicians manufacture many types of insoles and arch supports, suitable for foot comfort in the home and outdoors. These can help ease many conditions for the older patient including joint pain associated with arthritis, plantar fasciitis, metatarsalgia, Morton's neuralgia, etc. Also available are comfort insoles for the changing foot conditions of the diabetic patient, MS sufferer, etc.

Insoles are available for sports shoes, running trainers and fitness footwear to help protect the soft tissues of the foot, ease heel pain, shearing/impact effect and to help with shock absorption.

Plus, we haven't forgotten all the walkers, hikers, & welly boot wearers, made to help ease the trauma of everyday walking. Please see our specialized range on our website, www.4footpain.co.uk.



Daley Home Care

DALEY Home Care, the registered Domiciliary Care Agency, is helping clients from Lyme Regis to Dorchester to remain independent in their own homes. The team of friendly, personable carers are all highly trained, complementing their experience, (all have enhanced CRB disclosure) and guided by Registered Manager Julie Daley, who has a wealth of experience of the care industry. Julie also runs a 3 star rated Care Home and Domiciliary Care Agency in Shropshire and with fellow director Mark Roberts is now replicating these excellent standards in West Dorset.

We Care For You by Caring About You is Daley Home Care's simple message and sums up the company ethos. They are able to offer a full range of services, from personal care and help with domestic tasks to full palliative care. Helping clients regain their independence after hospital treatment and getting them to appointments and social events are all included. Daley Home Care is dedicated to providing the very highest standards of care 365 days a year, and their charges reflect this, being the same every day, ensuring every client enjoys the dignity and respect they deserve. Contact Daley Home Care on 01308 898 345 or email daleyhomecare@btconnect.com



We Care For You by Caring About You

Daley Home Care, backed by years of the very highest quality experience, is ready to look after you.

Whatever your needs, our superbly trained carers will ensure the dignity and respect you deserve as we assist you to remain independent in your own home.

From a simple check call to full palliative care we provide the very best service every day of the year, at the time and frequency that suits you.

We offer a complete range of services from personal care to cleaning, cooking and shopping.

Contact
Mark Roberts or Julie Daley

Daley Home Care
01308 898 345
daleyhomecare@btconnect.com

Regency Care & Mobility



Exceptional service with compatible prices at Regency Care & Mobility

REGENCY Care and Mobility are happy to announce that they are now selling British made rise and recline chairs and beds. The chairs and beds can be made to order to any size.

We pride ourselves on giving honest, trustworthy and no pressure to buy advice. Our large stock ranges from small aids to scooters, beds, rise and recline chairs and bathlifts. Anything we do not have on display can always be ordered in for any persons individual needs after initial assessment.

We offer exceptional service with compatible prices including free call outs. Our services cost £39 with a free pick up and return. All scooters, chairs and beds brought from us come with a free after care service.

Not only do we accept part exchange on scooters, chairs and beds, we will also take away your old beds and chairs when we deliver your new one.

We are open Monday to Saturday 9am to 4pm so come and see us or call us on 01460 271172.

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Email: regencycareandmobilityltd@btconnect.com

Web: www.regencycareandmobility.co.uk

Scott Rowe

PLANNING for later life and retirement can seem complicated and overwhelming.

At Scott Rowe we understand that many people would rather not think about making a Will. However, making one will ensure that your wishes are carried out, utilising any tax benefits available.

If you die without a valid Will then you are said to have died 'intestate'. It can leave your family

with a financial and administrative burden when establishing who the true beneficiaries are, and people who you wished to benefit may miss out.

You may also consider making a Lasting Power of Attorney, to be used by people you nominate to run your affairs for you, should you become unable to. This can cover your financial future and your personal and welfare decisions whilst you are alive.

We can also advise you on how to fund possible future care, including equity release schemes, and on buying or selling your home if you are looking to move house in the future.

Over 98% of our clients recently surveyed say that we provided a good quality service and that they would recommend us to others. We are friendly and easy to talk to, and we can arrange home visits if that is easier.



Tips for eating well as you age

AS YOU age, your relationship to food may change along with your body. A decreased metabolism, changes in taste and smell, and slower digestion may affect your appetite, the foods you can eat, and how your body processes food. The key is to figure out how to adapt to your changing needs. Now, more than ever, healthy eating is important to maintain your energy and health.

. Load up on high-fiber fruits, vegetables, and whole grains. Your whole digestive system



does slow as you age, so fiber is very important. Consume fiber-rich foods such as whole grains, fruit, and vegetables. They will help you feel more energetic and give you fuel to keep going.

. Put effort into making your food look and taste good. Your taste buds may not be as strong and your appetite may not be the same, but your nutritional needs are just as important as ever. If you don't enjoy eating like you used to, put a little more effort into your meals, including the way you flavor, prepare, and present your food.

. Watch out for dehydration. Because of physical changes, older adults are more prone to dehydration. So make sure you are drinking plenty of fluid, even if you don't feel thirsty. If you're not getting enough water, you're not going to be as sharp and your energy will suffer.

Make meals a social event. It's more enjoyable to eat with others than alone. If you live alone, invite other people over. It's a great way to stay in touch with friends and you can share cooking and cleanup duties.

Horton Cross Nursing Home

Horton Cross Nursing Home - Caring for you!

HORTON Cross Nursing Home is privately owned providing general nursing care to the elderly; this includes Palliative and Respite Care.

Whilst always striving to achieve higher standards of care, we are proud of the service we offer and continually encourage staff to maintain their on-going training programme supported by the management of the home.

We strive to ensure the home is run with a 'home from home', happy and relaxed atmosphere. At the same time we employ a good safe, secure and professional standard of nursing care.

A structured recreational programme is in operation involving all residents. This includes outings, entertainment and activities suitable for all residents.

We have a hairdresser and a registered chiropodist who visit regularly.

All other personal services including dentist, physiotherapy, newspapers and magazines, can

be arranged. We also have an in-house shop which sells toiletries and confectionery items.

Doctors from local practices visit Horton Cross on a regular basis or by individual appointment.

Adequate parking facilities are available for all visitors and a warm welcome will always await them. We provide for the social service and privately funded clients. Fees and any other details supplied on application.



Scott Rowe

TAKING CARE OF YOUR LEGAL NEEDS



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- ✓ Trusts
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- ✓ Management of Affairs
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HORTON CROSS NURSING HOME



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For availability of placement or an informal tour please call the Registered Manager.

Horton Cross, Ilminster, Somerset TA19 9PT
01460 52144

The Koppers

A RESIDENTIAL Care Home specialising in the care of people with Dementia set in one of the most beautiful East Devon villages.



▲ Dennis with Muffin the Rabbit

Terry New Denture

Dentures from the comfort of your home

TERRY New's Denture Clinic offers a service that few can compete with. Terry has been in the denture business for more than 30 years, and got introduced to the business by a relative who was a technician as well.

He visits a lot of homes, and is one of the few practices in the country who is legally qualified to make dentures without the involvement of a dentist. He can make dentures straight to the public, which saves a lot of time and hassle.

"I do a lot of home visits, and meet a lot of people and go to a lot of residential homes," Terry said. "I offer one on one service, at competitive prices."

Prices are extremely competitive even for those with a limited budget. Terry also offers a denture repair service, while customers wait.

"As I work from home, I do offer service at weekends, if I am around."

Based near Ashcot in Somerset, Terry can do home visits within a 25 mile radius of his home. For more information call 01458 210039 or cut out and keep this advertisement for future reference.



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Covering Somerset
01458 210039

Thomas Farm, Pedwell, Bridgwater TA7 9BN

The owners have a wealth of experience in the care of the elderly with complex care needs, long standing mental health problems and severe communication disabilities. They manage, lead and support a dedicated, well trained team of staff and provide a 24 hour person-centred care in a secure environment.

Our Gold Standards which cover all aspects of our work, are Choice, Dignity, Compassion, Respect, Relationships and Friendship.

The Home features a spacious Day Activity area, dining room, relaxation/quiet lounge and patio. Bedrooms are on the ground and first floor, which is accessible by chair lift. Single and double rooms are fitted with hand basins, en suite facilities, some with shower/wet room, television point and up to date 'On Call' system. Personal possessions are welcomed at the owners' discretion and health and Safety regulations.

Meals are offered from a balanced and varied menu, offering choice and delights. Special diets are catered for by excellent home cooking this is locally sourced. Soft drinks and snacks are readily available throughout the day and night.

The gardens and grounds are a delightful pleasure; residents can enjoy the lovely lawns, seasonal

flower beds, shrubberies and terraces including Green Houses and Vegetable plots, tendered with loving care.

The amenities of Kilmington offer opportunities for day to day activities and social inclusion. A friendly community and annual fete and flower show, the local Shop/Post Office, Church, Village Hall, and Village Green with a bubbling stream running through makes for an idyllic and peaceful place.

Our activities organiser promotes and encourages a wide range of stimulating activities and outings relevant to the individual, and wherever possible, links with the local community for outings and social inclusion.

We also offer Respite Care.

For further details or to arrange a visit, please telephone The Koppers on 01297 32427. We look forward to meeting you.



▲ Jean with the newest edition to The Koppers family



Fairfield House

Life at Fairfield House... A Home with a View

FAIRFIELD House is an elegant early Victorian manor house offering panoramic views of the stunning bay of Lyme Regis.

Within the house you are greeted by elegant interiors, beautifully appointed bedrooms and stunning grounds and gardens.

Our team of dedicated and qualified staff encourage independence, dignity and freedom of choice in a compassionate and caring manner.

Our residents are at the centre of everything we do and our emphasis on choice is reflected in the caring lifestyle provided by Fairfield House.



"Personalised Care in the Heart of the Community"

At Fairfield House we protect each resident's needs with an emphasis on choice. Our dedicated team of professional staff work closely with all our residents to ensure a consistently high standard of person-centred care.



Charmouth Road, Lyme Regis, DT12 0HH
enquiries@fairfieldhouse.co.uk
www.fairfieldhouse.co.uk

The Koppers

A Home From Home



Quality Care with Dignity & Respect

The Street, Kilmington, Axminster, Devon EX13 7RJ

Tel: 01297 32427 www.the-koppers.co.uk

Proprietors Mr & Mrs Baksh

Dignity at the Heart of Everything We Do

Staying Healthy Over 65 - How to feel young and live life to the fullest

STAYING healthy and feeling your best is important at any age and that doesn't change just because you have a few more grey hairs. As we grow older, we



experience an increasing number of major life changes, including career changes and retirement, children leaving home, the loss of loved ones, and physical changes. How we handle and grow from these changes is the key to staying healthy. These tips can help you maintain your physical and emotional health and live life to the fullest, whatever your age.

Finding and following your formula for staying healthy

Coping with change is difficult, no matter how old you are. The particular challenge for adults over 65 is the sheer number of changes and transitions that start to occur—including children moving away, the loss of parents, friends,



and other loved ones, changes to or the end of your career, declining health, and even loss of independence. It's natural to feel those losses. But if that sense of loss is balanced with positive ingredients, you have a formula for staying healthy as you age.

Healthy aging means continually reinventing yourself as you pass through landmark ages. It means finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones. Unfortunately, for many, aging brings anxiety and fear instead. How will I take care of myself late in life? What if I lose my spouse? What is going to happen to my mind? However, many of these fears stem from myths about aging that are exaggerated by the media or simply untrue. The truth is that you are stronger and more resilient than you may think.

Myths About Healthy Aging

MYTH: Aging means declining health and/or disability.

FACT: There are some diseases that become more common as we age. However, getting older does not automatically mean poor health or that you will be confined to a walker or wheelchair. Plenty of older adults enjoy vigorous health, often better than many

younger people. Preventive measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.

MYTH: Memory loss is an inevitable part of aging.

FACT: As you age, you may eventually notice you don't remember things as easily as in the past, or memories may start to take a little longer to retrieve. However, significant memory loss is not an inevitable result of aging. Brain training and new learning can occur at any age and there are many things you can do to keep your memory sharp. The sooner you start, the sooner you'll reap the benefits.

MYTH: You can't teach an old dog new tricks.

FACT: One of the more damaging myths of aging is that after a certain age, you just won't be able to try anything new or contribute things anymore. The opposite is true. Middle aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age.

Tips for coping with change

FOCUS on the things you're grateful for. The longer you live, the more you lose. But as you lose people and things, life becomes even more precious. When you stop taking things for granted, you appreciate and enjoy what you have even more.

- Acknowledge and express your feelings. You may have a hard time showing emotions, perhaps feeling that such a display is inappropriate and weak. But burying your feelings can lead to anger, resentment, and depression. Don't deny what you're going through. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal.

- Accept the things you can't change. Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor.

- Look for the silver lining. As the saying goes, "What doesn't kill us makes us stronger." When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

- Take daily action to deal with life's challenges. When a challenge seems too big to handle, sweeping it under the carpet often appears the easiest option. But ignoring the problem doesn't make it go away; it allows both the problem and your anxiety to build. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.



Tips for boosting vitality

DON'T fall for the myth that growing older automatically means you're not going to feel good anymore. It is true that aging involves physical changes, but it doesn't have to mean discomfort and disability. While not all illness or pain is avoidable, many of the physical challenges associated with aging can be overcome or drastically mitigated by eating right, exercising, and taking care of yourself.

It's never too late to start! No matter how old you are or how unhealthy you've been in the past, caring for your body has enormous benefits that will help you stay active, sharpen your memory, boost your immune system, manage health problems, and increase your energy. In fact, many older adults report feeling better than ever because they are making more of an effort to be healthy than they did when they were younger.



Nurse Plus

HEMOCARE and One to One support has increasingly become a popular choice for many people, allowing them to remain in the comfort of their own homes amongst familiar surroundings and people and allowing them to live as independently as possible, for as long as possible.

Choosing the right Domiciliary Care Agency can be a daunting prospect with so many to choose from. Nurse Plus have been arranging reliable and personal homecare support service since 2005, recruiting Personal Assistants, Carers and Nurses for people with varying care and support needs.

For a free care assessment contact your local office today on 01305 259328



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Shire House Residential Care Home

STANDING in one acre of picturesque garden, Shire House is a delightful combination of old and new, having the Edwardian building as its base with the modern wing providing spacious accommodation.

Overlooking Lyme Bay and the Jurassic Coast, Shire House provides nearly all large en-suite rooms some with spectacular views. Eleven of our rooms have direct garden access. We also have two suites; these include a sitting room, bedroom and bathroom, again with spectacular views.

The aims of Shire House are to provide a homely, safe and caring environment for older people respecting their rights to choose their own lifestyle and actively supporting them to realise their aspirations. This is achieved by offering residents independence and privacy, companionship, comfort and care. Our focus is on enhancing quality of life by setting the style and tone of the home in terms of its efficiency and probity, showing concern for residents and staff and its relationship with the community.

The friendly and caring environment is maintained 24hrs a day by a team of qualified staff who is led by our Registered Manager, Miss Marie Bunao.

Training is an important feature of employment to ensure the adoption of totally professional and up to date care techniques to NVQ standards.

A state of the art call bell system is fitted in all residents' bedrooms and all public bathrooms and lounges. We have an elevator to all floors.

We welcome all enquiries and visits concerning residential care whether long term, respite or day care. Should you wish to visit, we would be happy to show you around, meet our staff and residents and most importantly give you a copy of our menu, which takes into account different dietary needs and requirements. Eating here is considered to be a very major part of life and endeavour is made to cater for individual's tastes and needs.

Our objective is to provide the very best person-centred care. Our staffs are dedicated to this objective. In doing so, our philosophy is that this is in every sense a residents home with the freedom to live as they wish but with the assurance of help always being at hand if necessary.

We appreciate that the move to residential care is a big decision and so we offer flexibility in the time taken for residents to get to know us. We encourage initial trial periods of residency and are happy for informal visits for various lengths of time and to join us for a meal.



▲ Geoffrey, Marie and staff

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Mobile: 07858 425541 Fax: 01297 444449
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www.sentrycare.co.uk



▲ Staff, residents and visitors relax in the lounge

Honiton Hearing Centre

Hearing Loss is No Joke

GOOD hearing is something most of us take for granted, but it actually requires special attention to test, prescribe and advise those with a loss of some kind.

Colin Eaton, an HCPC registered audiologist and hearing aid dispenser from the Honiton Hearing Centre explains that "Sometimes we just need to advise on hearing protection, both at work and play, with motorsports, music and shooting. But with only 2 million people using aids, of the approximately 5 million people in the UK requiring one, some people could be worried by the old bulky unattractive hearing instruments, but realistically with the advent of the digital systems, they no longer need to hold off".

To view a range of miniature, unobtrusive and cosmetically appealing devices, all of which incorporate the latest technology or just some unbiased advice please contact Colin directly in Honiton on 01404 47070

St Nicholas Residential Care Home



ST NICHOLAS Residential Care home has been re-registered by CQC on Friday 14th September to accommodate five residents instead of three, with the big demand of families wanting a small home for their relatives.

The home has recently undergone an unannounced inspection by our regulators, Care Quality Commission (CQC), and the outcome was very good.

St Nicholas Residential Care home in Seaton provides peace and tranquillity and security for up to five elderly residents, requiring full time care with quality as a priority.

St Nicholas Residential Care Home is a family run home, with high standards and fully trained carers; St Nicholas has been established for 15 years, and the home is in the beautiful Devonshire countryside in Seaton.

The proprietor Karen Roberts and her partner live on the premise which ensures high standards are maintained.

St Nicholas has a cheerful homely atmosphere, visitors often remark on how they are made to feel welcome at all times.

There is well trained staff on duty day and night, and work very closely with the local doctors and district nurses.

St Nicholas is in ¾ of an acre of level gardens, with a fish pond and water fall, plenty of bird feeders to watch the wild birds, with our small holding, the residents enjoy watching our chickens, geese, lambs, and miniature pigs, which the residents help to feed, to promote their independence and giving them stimulation and to live life as they choose.

St Nicholas residents are encouraged to follow their chosen pursuits; we provide a variety of quizzes, games, videos and day trips such as Bicton and Peco etc., out and around town, the sea front, and local events, local shows.

The residents special dietary requirements are catered for, such as diabetics, vegans and vegetarians, we pride ourselves with meals that are freshly prepared daily using quality ingredients from our allotment, meat from our small holding and fresh eggs from our chickens.

St Nicholas is a spacious building, three of the residents rooms are on the ground floor, one which is en-suite, and two rooms are upstairs, which also has a stair lift if needed. The five residents have private bathrooms with all the facilities needed, there is a call bell in all the rooms and bathrooms, telephone line if they wish to have a phone in their bedrooms, and sky TV. Residents are encouraged to personalise their rooms with their belongings and small items of furniture if they wish.

All prospective new residents are welcomed to the cheerful and friendly home, with their families for tea and an informal chat to clarify if St Nicholas is suitable for them.

Care plans will be made with the involvement of the resident, and their relations, this emphasizes the residents potential to manage their own lives, as independently as possible, and for the freedom of choice. Care plans are reviewed monthly and whenever there is a change in the residents care needs.

Fees vary depending on the level of care required, we do take Social Services residents, for any more information, or a brochure please ring Karen or Samantha Roberts on (01297) 20814, or if preferred come to St Nicholas for a cup of tea/coffee, and chat with ourselves.

St Nicholas
RESIDENTIAL CARE HOME



HAREPATH HILL,
SEATON DEVON EX12 2TA

Email: Samroberts01@btinternet.com

Telephone: (01297) 20814

Tips for staying connected

ONE of the greatest challenges of aging is how your support network changes. Staying connected isn't always easy as you grow older—even for those who have always had an active social life. Career changes, retirement, illness, death, and moves out of the local area can take away close friends and family members. And the older you get, the more people you inevitably lose. In later life, getting around may become difficult for either you or members of your social network.

It's important to find ways to reach out and connect to others, regardless of whether or not you live with a spouse or partner. Having an array of people you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship, and loss.

The good news is that there are lots of ways to be with other people. It doesn't matter what you do, so long as you get out of the house (if possible) and socialise:

- Connect regularly with friends and family. Spend time with people you enjoy and who make you feel upbeat. It may be a neighbor who you like to exercise with, a lunch date with an old friend, or shopping with your children. Even if you are not close by, call or email frequently to keep relationships fresh.

quently to keep relationships fresh.

- Make an effort to make new friends. As you lose people in your circle, it is vital to make new connections so your circle doesn't dwindle. Make it a point to befriend people who are younger than you. Younger friends can reenergize you and help you see life from a fresh perspective.

- Find support groups in times of change. If you or a loved one is coping with a serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges.



The White Horse

The White Horse

Haselbury Plucknett, Somerset TA18 7RJ
Tel: 01460 78873

*Come and try our new beer garden,
alfresco dining also available*

The White Horse is located in the beautiful village of Haselbury Plucknett in rural Somerset.

Our menu is inspired by French & British classics, we also offer local cask ales & an interesting wine list.

Please visit our website for more details and upcoming events
www.thewhitehorsehaselbury.com
To reserve a table please call
01460 78873

THE White Horse in Haselbury, with over 20 years' experience in some of London's finest restaurants, Richard & Rebecca Robinson decided to escape to the country & buy The White Horse. Having grown up in Broadwinsor, Rebecca was keen to return to this beautiful part of the world whilst Richard was extremely easy to convince with so much fantastic local produce & the stunning Dorset coast with its abundance of seafood.

"For us the experience of the great British pub is as important as fine wine and food; you can come here for our homemade Scotch eggs and local Ales or for diver caught scallops, Dorset snails and our 40 day aged steaks".

We look forward to welcoming you to The White Horse! The White Horse, Haselbury Plucknett, Somerset, TA18 7RJ Tel: 01460 78873 www.thewhitehorsehaselbury.com Follow us on twitter @thewhitehorseRR



Bymead House



BYMEAD House Nursing & Residential Home in Charmouth has been owned by Susan Blacklock - a qualified nurse with a background specialising in Community Nursing - for 20 years.

Her philosophy is to provide truly individual and therapeutic support including complimentary therapies such as acupuncture, to whatever degree is wanted or required.

She has always believed that this support should extend to the families and friends of those living at Bymead House as they form an important integral part of the care network within the home.

Bymead has always been proactive with the care provision and facilities on offer to the residents.

We continue to work towards the 'Gold Standards Framework in Care Homes', this will enhance the excellent care we already provide and is part of a national initiative to achieve the best quality of life for our residents particularly towards the end of life.

A very important part of the support Bymead provides is their extensive activities programme.

In line with their philosophy of holistic care, these activities are tailored to suit the individual needs of their residents.

The varied weekly programme reflects hobbies the residents may have had in their previous home and any new interests are encouraged and supported. Also outings to favourite destinations are chosen by the residents.

Sue Bartlett-Hall, activities co-ordinator, has been instrumental for many years in taking forward Susan Blacklock's vision of the therapeutic importance of social activities in relation to the happiness and wellbeing of people living within a care home.

Using local suppliers has always been important to Bymead House, this ensures that Bymead have frequent deliveries of fresh local produce each week enabling them to provide a varied, nutritious and tasty menu and special diets are also catered for.

Bymead continues to grow and develop as a vital care provider in the community.

Residents are encouraged to make the rooms their own personal space with favourite pieces of furniture, pictures and paintings.

All bedrooms are single and most are en-suite whilst each room has a telephone and television.

Bymead House would welcome any visits to the home, at any time, to see the benefits on offer.

Our new website has some lovely photos of the newly decorated areas; you can find this at bymeadhouse.com

All enquiries please telephone the Manager, Sharon Dellow on (01297) 560620 or e-mail bymead@tiscali.co.uk

BYMEAD HOUSE NURSING & RESIDENTIAL HOME

Axminster Road, Charmouth. Dorset DT6 6BS
Director Susan Blacklock RGN NDN RHV



For further details or to arrange a visit please contact the Registered Manager

Sharon Dellow on 01297 560620
e-mail bymead@tiscali.co.uk
www.bymeadhouse.com

Clarondene Residential Home

TEA AND CHAT at the BEACH

COME and join us for a relaxed social gathering looking out over the bay!

Clarondene hosts Lyme Regis' own Tea and Chat session in the Langmoor Room of the Shelters. You will find us there every 2nd Wednesday afternoon of the month, from 2pm to 4pm. Getting everyone there is quite an undertaking. In July and August there were visitors all over the place to add to the other obstacles of scaffolding, barriers, mysterious lift operating instructions and Lyme's myriad hills. September should be tranquil in comparison and the effort is well worth it. The views are lovely and it is relaxing to get out and enjoy the sea whatever the weather. Please join us - there is cake and drink for all! Or bring a contribution - there is no charge otherwise. Come and join in our singing and reminiscence! Ring up if you need a lift down there, I'll come and collect you.

Those RED ARROWS!

Many thanks to our kind neighbours who welcomed us onto their lovely flat frontage to get such a great view across Lyme. Those 'wonderful men in their flying machines' aerobatics kept us mesmerised.



The SUMMER SHOW

Those poor performers did not know what hit them when they came to Clarondene! They tried to run the event their way, but with Vi pinching the props, Bim joining in all the dances, and Cookie the dog getting excited, the old adage "Never work with the elderly and animals" was truer than ever! We all had a great time, especially the staff. Thanks SG Productions, see you in the Autumn.



Wish you were here....?

Signature House Apartments
3 Maumbury Gardens,
Brewery Square
Dorchester DT1 1WF

Independent living in the heart of the community

Speak to John Clark on 01305 253 843
john.clark@somersetredstonetrust.co.uk

Active Ageing in the heart of Lyme Regis

- Daily activities and community involvement, entertainment and outings on a frequent basis
- Regular visits by nurses, opticians, chiropodist, faith groups and hairdressers
- 24 Hour personalised care with owner in residence
- Permanent, respite and day care packages for both privately and socially funded residents

ROOM AVAILABLE WITH VIEWS ACROSS LYME TO THE SEA

You're always welcome

Do contact me if you require any further information or have any questions. The kettle is always on, so please pop in for a cup of tea and a chat, anytime.
Alison Curtis - Resident Owner

View Road, Lyme Regis, Dorset DT7 3AA
tel: 01297 442876 web: www.clarondene.co.uk

Explore Studios of 100 West Dorset Artists over August Bank Holiday Weekend



Gerry Dudgeon

BRIDPORT is celebrating its 15th annual Open Studios event with over 100 artists in 40 venues in Bridport and across West Dorset this coming Bank Holiday weekend, August 24-26th. Pick up a free 44-page Open Studios Guide which includes five Art Trails with information about all participating artists.

Since the 60's a new generation of leading artists have moved to West Dorset to focus on creating their best work in a beautiful setting and the town now has a national reputation for its vibrant art scene. With so much going on, Bridport Open Studios is an excellent opportunity to discover some of the best contemporary art being made today. The town now has a national reputation for its vibrant art scene, and this weekend you'll find everything from established names to emerging talents, including many well-known artists.

There are a dozen artists showing at St Michael's Studios including Kit Glaisyer, Caroline Ireland, David Brooke, Andrew Leppard, Marion Taylor, John Boyd, Charlotte Miller and Charles Hallsworth. Then there's Sally Davies and Leonard Hollands in the Studio in the Attic; plus Isla Chaney and Jennie Hanrahan in Foundry Yard. In Bridport town you'll find Brendon Murrells, Chris Neaves, Julia Hutton, Mart Tebbis, Wendy Poole, Laura Dron, Neil Barnes, Elizabeth Sayers, plus the Chapel in the Garden and DIVAcontemporary.



David Kennard



'Colmers' by Kit Glaisyer

To the north of Bridport there's Katkin Tremayne outside Netherbury, Nicola Leader in Waytown, Katherine Lloyd in West Milton, plus David Risk Kennard in Powerstock, Gerry Dudgeon near Melplash and Brian Cocks in Beaminster; and up to Sue Jenkins, Liz Walsh, Rachel Hewitt and Hannah Simpson in Wynford Eagle. Then Head east to the Stoke Abbot Collective and Askerswell Workshops, and towards George Paul Sainsbury in Long Bredy; Lisa Lindqvist and Katarina Rose in Litton Cheney; and finally Michelle Cordes in Abbotsbury.

To the south there's a big solo show by Michael Devlin Taylor at Eype Church; David West and Petter Southall at Sladers Yard Gallery and Bridport Art Society in the Salt House in West Bay. To the west there's Annalisa Renee and Marina Renee-Cemmick in Chideock; then Morecomblake Art Group and New House Pottery in Broadoak. Further west

there's the wonderful sculptures of Greta Berlin in Fishpond.

Artist and event Director Kit Glaisyer encourages visitors to be adventurous and make the most of the three day event, "For most artists it's the only time they open their studios to the public, so don't be shy. If you like something, let the artist know, they will be delighted to talk about their work, show you what's for sale and discuss commissions."

This year there is also a preview exhibition called '6 by 9' a show of small works by participating artists at the Electric Palace, Bridport that runs from Tuesday 13 to Saturday 31 August, Monday to Saturday, 10am to 4pm.

Pick up a Free Guide from Tourist Information Centres, the Bridport Arts Centre and the Electric Palace. View an online version of the Guide at www.DT6.co.uk and follow Bridport Open Studios on Twitter @bridportOS with more information about the event at www.bridportopenstudios.co.uk

For more information call 01308 424582 or visit www.facebook.com/BridportOS



Caroline Ireland



Enjoy the specials menu, fine wines & real ales. Fresh food cooked using local suppliers



Bar open all day for refreshments, teas & fresh ground coffee

Food orders taken Monday to Thursday 12 noon-2.30 & 6-9.30pm

Friday to Sunday 12 noon-9.30pm




21-room accommodation • 17th Century Restaurant • Riverside Garden

The Poachers Inn Piddletrenthide Dorchester Dorset DT2 7QX

tel:01300 348358 www.thepoachersinn.co.uk

Bridport Open Studios & West Dorset

24 25 26 August 2013



View Guide online www.DT6.co.uk





BAND'S SURPRISE CELEBRITY CONDUCTOR

THERE was a surprise for Lyme Regis Town Band members during last week's 'Music by the Sea' concert on Marine Parade, when a holidaymaker stepped out of the audience to take over the conductor's baton.

The volunteer was no amateur, but none other than Mark Peacock, who was staying in the area with his family. Mark is currently the Musical Director of the Longridge Band in Lancashire, as well as Associate Conductor of the famous Fairey Band, who are currently ranked 8th in the world. He is also an adjudicator and a lecturer at Manchester Metropolitan University.

Mark conducted the band for the march 'Punchinello' and later gamely took part with the rest of his family, together with children from the audience, in playing percussion accompaniment to one of Abba's greatest hits 'Ring Ring'. Lyme Band's Musical Director John Powell commented, 'we were delighted and privileged that Mark took time out, not only to come and listen to our concert, but to agree to conduct. Our band members really enjoyed the experience'.

The Fairey Band, based in Cheshire, are certainly no strangers to Dorset. They have a strong local following and have given regular concerts at St Mary's Church in Beaminster for many years, always attracting large audiences. Their next visit is on 22nd

September, followed by a pre-Christmas concert on December 15th.

This has again been a successful summer for the Lyme band. The season is now drawing to a close, with only two Tuesday night concerts left, plus a Sunday afternoon concert on August 25th, starting at 2.30pm.



Mark Peacock leads the Lyme Regis Town Band

AsOne Theatre Company presents AsCend physical theatre '100'

IMAGINE you had to choose just one memory to take into eternity, and that you would re-live that treasured memory afresh, experiencing it as for the first time over and over and over. What would you choose?

That is what four characters are urged to do by a mysterious other – to a count of '100'. This singular decision turns out to be far more difficult than any can imagine. It challenges the way each has lived, loved, observed, and even valued life itself, and has implications none would have guessed.

Award-winning AsOne Theatre Company presents AsCend Physical Theatre – who are touring a stunning multi-media physical theatre production called simply '100'. Diene Petterle, Neil Monaghan and Christopher Heilmann's thought provoking production has been toured internationally after winning a First at the Edinburgh Festival 2002. Its imaginative, physical approach to story telling creates a breath-taking piece of theatre that is profoundly moving.

The production is being premiered at Dorchester Arts Centre on Saturday, September 14th with two performances – a matinee at 2.30pm with reduced price tickets of £8 for Senior Citizens and £5 for students and an

evening performance at 8pm. The show is bound to throw up many questions so there will be a post show Q & A.

Produced by AsOne Theatre Company; directed by Jacqueline

Avery and Peter John Cooper; music by Simon Swarbrick; projected Image by Thomas Curtis

For more information – Tel: 01305 835541 or visit: www.asone-dorset.co.uk



The cast of AsOne Theatre's '100'

40th Honiton Hill Rally

August Bank Holiday Sunday & Monday
9:00am – 6:00pm

Rising Sun, Stockland, Nr Honiton, Devon EX14 9NH



- Steam Engines - Tractors
- Stationary Engines
- Cars - Model Tent
- Motorcycles - Fire engines
- Military vehicles
- Commercials - Horses
- Threshing - Wood sawing
- Arts & Crafts
- Rural Crafts - Trade Stands
- Fair Organs - Auction
- Ring Events & Demonstrations
- Refreshments
- Children's Entertainment
- Harvesting Display

**KIVELLS
&
HUSSEYS**

Auction Of Collectables.
Bank Holiday Monday @ 10am
Contact Kivells Auctioneers Tel: 01392 251261
www.kivells.com

Admission : Adults - £7.00, OAP's - £6.00
Children 5-16yrs - £1, Under 5's - Free (Others accompanied by an adult)
www.honitonhillrally.co.uk

GREAT DORSET STEAM FAIR "THE NATIONAL HERITAGE SHOW"



TARRANT HINTON, BLANDFORD, DORSET
WED 28th AUGUST - SUN 1st SEPTEMBER 2013

The World's largest heritage and cultural event showcasing our national industrial, agricultural and leisure history.

This major annual event, recognised as "THE" National Heritage Show, is a must for those interested in how people lived, worked and played in bygone years. See over 2,000 authentic working exhibits including an old time steam funfair, rural crafts and heavy shire horses.

The spectacle covers an enormous 600 acres showground and is one of Europe's largest outdoor event locations.

Regularly attended by over 200,000 visitors each year from both the UK and abroad.

An amazing fun and action packed day out for all the family.

Visit this colourful festival once and you'll be hooked for life!

For further details contact the Show Office, Dairy House Farm, Child Okeford, Blandford, Dorset, DT11 8HT, Tel/Fax 01258 860361

Or visit our website at www.gdsf.co.uk.



The Punk Poet to perform at Bridport Arts Centre



JOHN Cooper Clarke will be performing on Monday, November 25th at Bridport Arts Centre, and tickets are on sale now!

The man who practically invented the phrases "performance poet" and "punk poet" in the 70/80s is enjoying a major resurgence. Having secured a unique place in pop culture, he is studied on school syllabuses, cited by contemporary artists such as Alex Turner (Arctic Monkeys) as a major influence.

He is more present than ever, his work has been used on The Sopranos, he has appeared recently in the award winning biopic 'Control', and recently

on BBC's 'Have I Got News For You'.

The show will be a hilarious romp through his most famous works, including the classics Evidently Chickentown & Beasley St, a plethora of new poems and side splitting gags alongside genius comic observations.

John's special guest is his old friend and fellow Manchester poet Mike Garry. Book early to avoid disappointment!

Tickets are available from Bridport Arts Centre's box office (01308 424204) or online from www.bridport-arts.com Tickets: £22/ £21 members and concessions.

Five Artists at the Chapel is a family affair

THE Chapel in the Garden, Bridport, plays host to five artists exhibiting an exciting and original mix of work this weekend and three of them are related. Bradpole artist David Smith will be joined by his son, Thomas, and daughter Hannah.

"It's the first time we have exhibited together since our fridge door in about 1995!" jokes David. Family is not the only connection; all three studied at the well-respected Colchester School of Art before progressing to gain degrees: Hannah in Theatre Design in Nottingham; Thomas in Painting at Falmouth; and David, many years earlier, in Sculpture & Printmaking at Kingston-on-Thames.

David Smith is currently mostly making works on paper and collages, including a project to create a collage every day for a year with eight other artists around the world.

Hannah Smith is a professional, freelance costume maker (currently in Belfast making costumes for the new Dracula film starring Luke Evans and Sarah Gadon). Although she specialises in costume, her background in theatre design means her work is wide ranging – from corsetry to giant snakes and ladders; paper forests to jewellery; lino cuts to custom made appliqué banners.

Thomas Smith is an accomplished painter having exhibited across the country from Truro to Norwich. Working from his studio on the Suffolk coast near Southwold, Thomas' contemporary collages, oil paintings and illustrations feature recurrent themes and the use of mixed media and 'pop art' inspired imagery.

Also exhibiting are Hazel Grimsey, who will be showing her colourful paintings with a South American link, and abstract painter Marian Young whose

work is in private collections in the UK and internationally.

Five Artists at the Chapel in the Garden is part of Bridport Open Studios (venue 14) this coming Bank Holiday weekend 24th-26th August, 10am - 6pm each day.

HAWKCHURCH VILLAGE FETE
Bank Holiday Monday
AUGUST 26th
2.00pm
in the playing field

Lots of fun for all the family:
Honeyuckle Dog Agility Team • Xtreme Falconry
Karizma Majorettes • Bridport Ukulele Group
Children's entertainment from Uncle Bob

Stalls • Games • Side Shows • Craft Market
Bouncy Castle • Face painting • Coconut Shy
Small Gendogs • Cotley Hounds • Laurel Farm
Apocas • West Country Sled Dogs • Much more!

BBQ, Licensed Bar & Refreshments Available

Thoroughly Modern Millie

HOT on the heels of their hugely successful spring production of Vegas Cabaret, the versatile and talented performers of Bridport Musical Theatre Company are back at Bridport Arts Centre with their production of the sparkling musical Thoroughly Modern Millie. The show will run at the Arts Centre from Tuesday 27th to Saturday, August 31st.

Taking the lead role of Millie is Emma Foulsham, with Tom Matthews as Jimmy Smith. With Dave Swaffield at the helm as director, Brian Hocking as musical director, Becky Mather as choreographer and Lauren Glover as vocal coach this promises to be a musical treat not to be missed.

Taking place in New York City in 1922 'Thoroughly Modern Millie' tells the story of Millie Dillmount who has just moved to the city in search of a new life for herself. It's New York full of jazz and intrigue. Filled with frisky flappers, dashing leading men, and a dragon-lady of a villainess (played by Mo Kennedy) whom audiences will love to hate. 'Thoroughly Modern Millie' is a perfectly constructed evening of

madcap merriment. This is a high spirited musical romp that has all of New York dancing the Charleston. A delectable, delicious evening out – you'll love it!

Tickets are selling fast – don't miss out – book now! See the advert below for more details.



MILLIE | Emma Foulsham



JIMMY | Tom Matthews

The Shed Photography set to team up with Lyme Folk Weekend

THE Shed Photography is busy planning their next event at the Malthouse, Lyme Regis to combine with the Lyme Folk Weekend over the August Bank holiday.

The show will run from Saturday, August 24th through to September 5th.

The exhibition is a group show of limited edition prints, original artwork, and will also highlight

the work of several photographers and artists in the Shed gallery. They are also hoping to include demonstrations and talks by several of the community on their working practice, techniques and inspiration over the exhibition.

Please take a look at the Lyme Folk Weekend's website (www.lyme-folk.com) to see what a great

weekend it is going to be!

Over the next week The Shed will be releasing details of the photographers and the work to be included in the show. Remember to keep up to date with what they are doing by follow their Blog, Twitter and Facebook, or the News/Events section of the gallery website (www.theshedgallery.com).

BRIDPORT MUSICAL THEATRE COMPANY PRESENTS
THOROUGHLY MODERN MILLIE
ORIGINAL STORY & SCREENPLAY BY RICHARD MORRIS

AT BRIDPORT ARTS CENTRE
TUES 27TH - SAT 31ST AUG

TICKETS £10
UNDER 18'S £8.50

PERFORMANCES
START AT 7.30 PM

TO INCLUDE
A SATURDAY
MATINEE
(2.30PM)

BOOK ONLINE - WWW.BRIDPORT-ARTS.COM TICKETS AVAILABLE FROM BOX OFFICE TEL - 01308 424204

View 2 Diary Dates

UNTIL SUNDAY NOVEMBER 3RD

BEAMINSTER: 'Pubs & Inns Revisited' Exhibition - the story of your local locals & 'Local Writers & Writings' Exhibition - a celebration of our local literary heritage. Both at Beaminster Museum, Whitcombe Rd, Beaminster DT8 3NB. For further information call 01308 863577, email info@beaminstermuseum.org or visit www.beaminstermuseum.org/

Museum Opening Times: Tuesdays, Thursdays, Saturdays & Bank Holidays: 10.30am - 1.00pm, 2.00pm - 4.30pm, Sundays: 2.00pm - 4.30pm.

Admission: Adults £2, Students (16 and over) £1, Accompanied Children (Under 16) Free

UNTIL SATURDAY AUG 24TH

WEYMOUTH: Weymouth Art Group Annual Exhibition. Entry is free, buy or browse.

UNTIL WED AUGUST 28TH

LYME REGIS: Exhibition: 'Out and About' in the Courtyard Gallery, The Town Mill from 10.30-4.30pm daily. Free admission. For more details visit www.townmillartsguild.com

WEDNESDAY AUGUST 21ST

LYME REGIS: Quiz Night in aid of Lyme Regis Christmas Lights at the Nags Head 8.00 p.m. £2per person Max of 6 to a team.

FRIDAY AUGUST 23RD

LYME REGIS: Car Boot Sale at Lyme Regis Football Club, Charmouth Road from 6pm. Sellers from 5.30pm. Admission: Sellers £5, buyers 50p.

SATURDAY AUGUST 24TH

UPLYME: Ballroom, Latin and some Sequence Dancing from 8pm-10.30pm. At Uplyme Village Hall. £4.50 in aid of Hall funds. For more details call 01297 442439.

BRIDPORT: Bingo at Bridport Youth Club, Gundry Lane. Doors open 7.30pm - eyes down 8pm. £7.50 all in. Fantastic prizes to be won. Tea, coffee and cake on sale. Or bring your own bottle and we'll supply the glass. In aid of Myasthenia gravis Association.

BRIDPORT: Cake and Coffee at the Quaker meeting house, South Street from 10am-12noon. Proceeds to 'Tools for Self Reliance' - a charity which repairs tools and items, and sends them to rural communities in Africa enabling people to earn a living by use of the tools.

SUNDAY AUGUST 25TH

BRIDPORT: Antiques and Vintage Sunday. Enjoy the atmosphere, browse and shop from 10am, at all the Antique Shops, with extra stalls outside, plus The Red Brick Café in the Art & Vintage Quarter on the St Michael's Trading Estate.

LYME REGIS: Seafrost Stall - Marine Parade Shelters - in aid of Lyme Regis Christmas Lights 10.00am - 4.00pm (Cakes, tombola, dolls and lots more!)

SUNDAY AUGUST 25TH & MONDAY AUGUST 26TH

BEAMINSTER: Open Garden at 29 Chantry Lane, New Town in aid of RNLI. Open from 11am-4pm. Mr Gibbs has been staging open gardens for more than 50 years, and intends this to be his last. The garden features Wollemi Pine, a water feature, sub-tropical area, Australian zone, orchid house, and rainforest area.

MONDAY AUGUST 26TH

BRIDPORT: Over 50s Cycling/Walking Group. Cyclists meet Dodhams Lane /Pymore Corner at 2.30pm for ride to Netherbury return to 9 Nursery Gardens. Walkers meet at junction Fulbrooks Rd./Nth Allington at 2.45 for walk to Allington Hill-Court Orchard Estate -9 Nursery Gardens (1-1 1/2 hrs walk). All Welcome. Ring 420755 for further info.

BROADWINDSOR: Broadwindsor Show in the village hall at 2pm. Entrance 50p.

MONDAY AUGUST 26TH - SUNDAY SEPT 1ST

BEAMINSTER: Mosterton Art Group 25th Annual Exhibition in the Skyrn Room from 10am-5pm (4pm on the last day). Members' original art work and cards are for sale at realistic prices. Free entry. Disabled access. Parking in adjacent public car park. For further information call 01308 862572.

TUESDAY AUGUST 27TH

BRIDPORT: Bridport Summer Yoga, 10.45-12.15pm at St Mary's Church Hall, South Street. A different teacher each week. For more details call 01308 485544.

WEYMOUTH: Chamber Philharmonia Cologne perform at St Mary's Church from 7.30pm. Tickets are available at the door one hour prior to the concert from 6.30 pm.

WEDNESDAY AUGUST 28TH

LYME REGIS: Lyme Bay Photographic Club pub quiz at the Inn Plaice at the Pilot Boat Inn. Starts 7.30pm.

LYME REGIS: Talk 'Designing a Show Garden' by Hugo Bugg, RHS Young Designer of the year 2010 and GOLD medallist at RHS Tatton Park and RHS Hampton Court Palace Flower Shows. At Woodmead Halls from 7.30pm. Members free, non Members £2. For more details 01297 444034 or visit www.ulrhs.wordpress.com. Organised by Uplyme and Lyme Regis Horticultural Society

LYME REGIS: Book and Cake Sale in aid of the Marine Theatre will be held at the The Shelters, Marine Parade from 10am

Car boot sale

Weymouth Football Club
(Wessex Way)

CAR BOOT SALE

Every Sunday Afternoon 1-4pm
Also Bank Holiday Monday 1-4pm
All Sellers £6 for as much room required
All Tarmac Standing
Refreshments and Toilets Available
Strictly no helpers or Buyers before 1pm
(Strictly No Dogs)
Further info: 07856 891 643
07979 345 914

Fruit farm



House & Gardens

The Gardens are open every day throughout the year from 10am. Last admission is at 4.30pm and they close at 6.30pm.

The House is open on Tuesdays, Wednesdays, Thursdays, Fridays, Sundays, and Bank Holiday Mondays, from 12 noon with last entry at 4pm. Tearoom, Plant Centre & Gift Shop The Tearoom, Gift Shop and Plant Centre are open daily. The Shop and Plant Centre are open to all visitors from 10am-5pm, with the Tearoom open to paying visitors from 11am-4.30pm.



01460 221290
www.fordeabbey.co.uk • info@fordeabbey.co.uk
Am SE Chard, Somerset TA30 4LJ

CINEMA LISTINGS

Friday, Aug 23rd - Thursday, Aug 29th

ALL LISTINGS ARE SUBJECT TO CHANGE

WEYMOUTH CINEWORLD

Tel: 0871 200 2000
www.cineworld.co.uk

Kick Ass 2¹⁵

Fri-Wed: 11.00, 13.25, 15.50, 18.20, 20.50
Thu: 18.20, 20.50

2 Guns¹⁵

Fri-Tue: 17.45, 20.30, Wed & Thu: 17.45

Percy Jackson: Sea of Monsters^{PG}

Daily: 11.45, 14.30

Grown Ups 2^{12A}

Daily: 15.45, 18.15, 20.45

Monsters University^U

Fri-Tue: 12.30, 15.10, 17.15

Wed & Thu: 12.30, 15.10

The Smurfs 2^U

Fri, Tue, Wed: 12.00, 14.45, 17.30

Sat-Mon, Thu: 12.00, 14.45

Elysium¹⁵

Daily: 12.45, 15.30, 18.15, 21.00

Planes^U

Fri-Tue: 10.50, 13.10, 15.30, 17.50

Wed & Thu: 10.50, 13.10, 15.30

Epic^U

Daily: 10.15, 10.20am

Ice Age 4: Continental Drift^U

Sat & Sun: 10.00am

The Croods^U

Sat & Sun: 10.10am

Mortal Instruments: City Of Bones^{12A}

Daily: 11.20, 14.20, 17.20, 20.20

We're The Millers¹⁵

Daily: 12.40, 15.20, 18.00, 20.40

You're Next¹⁸

Wed & Thu: 18.20, 20.45

Pain and Gain¹⁵

Sat-Mon: 17.15, 20.15

The Lone Ranger^{12A}

Daily: 20.15

The Conjuring¹⁵

Fri, Tue, Wed: 20.15

Despicable Me 2^U

Daily: 10.50, 13.15

LYME REGIS REGENT

Tel: 0871 230 3200
www.scottcinemas.co.uk

Planes^U Fri-Sun, Tue-Thu: 14.30, 17.30, Mon: 14.00, 16.25

The Wolverine^{12A}

Fri-Sun, Tue-Thu: 20.00, Mon: 14.00, 16.25

DORCHESTER PLAZA

Tel: 01305 262488
www.plazadorchester.com

Despicable Me 2^U

Daily: 11.30am

Elysium¹⁵

Daily: 14.15, 17.30, 20.10

Kick Ass 2¹⁵

Daily: 18.45, 21.00

Monsters University^U

Daily: 11.00am

Planes^U

Fri-Wed: 12.00, 14.30, 16.30

Thu: 12.00, 14.30

Mortal Instruments: City Of Bones^{12A}

Daily: 13.35, 16.45, 19.45

The Smurfs 2^U

Daily: 12.20

We're The Millers¹⁵

Daily: 14.50, 17.40, 20.30

DORCHESTER ODEON

Tel: 0871 22 44 007
www.odeon.co.uk

Contact cinema for up-to-date listings

Social club

BRADPOLE
SOCIAL CLUBSaturday 14th September
BINGO

Eyes down 8pm, great prizes to be won

Saturday 28th September
TINA TURNER
TRIBUTE

9.30pm start. Over 18s only.

Saturday 12th October
BINGO

Eyes down 8pm, great prizes to be won

Members and guests welcome



This Week's releases

MORTAL INSTRUMENTS: CITY OF BONES^{12A}

WHEN her mother disappears, Clary Fray learns that she descends from a line of warriors who protect our world from demons. She joins forces with others like her and heads into a dangerous alternate New York called Downworld.

Stars Lily Collins, Jamie Campbell Bower and Gemma West.

ELYSIUM¹⁵

SET in the year 2154, where the very wealthy live on a man-made space station while the rest of the population resides on a ruined Earth, a man takes on a mission that could bring equality to the polarized worlds.

Stars Matt Damon, Jodie Foster and Sharlto Copley.

WE'RE THE MILLERS¹⁵

After being robbed of a week's take, small-time pot dealer David is forced by his boss to go to Mexico to pick up a load of marijuana. In order to improve his odds of making it past the border, David asks the broke stripper Rose and two local teenagers to join him and pretend they're on a family holiday.

Stars Jennifer Aniston, Jason Sudeikis and Emma Roberts.



View 2 Diary Dates

THURSDAY AUGUST 29TH

BRIDPORT: Coffee & Chat at Beach & Barnicott upstairs at 2.30pm. Located in Bridport. Organised by 50 Plus Circle of Friends. An easy and comfortable way of meeting and making new friends. Please call Jennifer at 01308 538395 for more info

THURSDAY AUG 29TH - WEDNESDAY SEPT 18TH LYME REGIS: Exhibition of paintings: 'Shared Space Different Views' at Courtyard Gallery, The Town Mill from 10am-5pm daily.

SATURDAY AUGUST 31ST

BOTHENHAMPTON: Annual Village Show in the village hall. There are classes for flowers, vegetables, fruit, preserves, cakes & pastries, handiwork and photography. Entries are accepted from local residents and their families. There are special classes for children. The Hall is open from 2pm until 3.30pm for the staging of entries. The show is then open from 5pm with the prize giving taking place at 5.30pm. Schedules are available in the Church. Phone 423071 for details.

BRIDPORT: Bridport Barnardo's Helpers' Group will be holding a Summer Sale at the Salt House, West Bay, Bridport from 12 noon to 4pm. Items on sale will include New-to-You Clothing, Bric-a-Brac, Books, Games and Puzzles, and Household. Refreshments will be available for sale.

SATURDAY AUG 31ST - WEDNESDAY SEPT 18TH LYME REGIS: 'Essentially Drawing' at the Upstairs Gallery, Town Mill from 10.30am-4.30pm daily. Free admission.

THURSDAY SEPTEMBER 5TH

BRIDPORT: Bridport Electronic Organ Club at United Church Hall, East Street from 7.30pm. Andrew Nix, international organ and keyboard virtuoso. Admission £8, members £7, visitors welcome.

CLAPTON: Official opening of the Lottery & SSDC funded entrance/foyer improvements at Clapton & Wayford Village Hall. Drinks and nibbles available, all welcome. Please indicate your intention to attend by calling 01460 74849 or 01460 72324.

SATURDAY SEPTEMBER 7TH

UPLYME: Ballroom, Latin and some Sequence Dancing from 8pm-10.30pm. At Uplyme Village Hall. £4.50 in aid of Hall funds. For more details call 01297 442439.

UPLYME: Royal British Legion Uplyme Branch Table Top Sale at Uplyme Village Hall from 2pm. Tables £5 - to book call 01297 442435. 50p entry, raffle and refreshments available.

ABBOTSBURY: Cantamus Choral Concert 'Songs for a summer's evening' at St Nicholas Church (DT3 4JT) from 7.30pm. Tickets £7 on the door. For more details visit www.cantamus-dorset.org

MONDAY SEPTEMBER 9TH

BEAMINSTER: Dorset Movila present 'Robot & Frank' (cert 12A) at Beaminster Public Hall. Doors open 7pm, film from 7.30pm. Tickets £5 in advance or £5.50 on the door. To book tickets or for more details call 01308 862796 or email jeanowen@uwclub.net

BRIDPORT: Keep Fit, new term begins, 10-11am at St John Hall, Rax Lane. Small, friendly group, aimed at the older person, mostly based around chair exercises. For more details call 07970879047 or just turn up.

TUESDAY SEPTEMBER 10TH

UPLYME: Coach Trip to Avebury Manor & Gardens (National Trust) as featured in the BBC's 'The Manor Reborn' & Avebury Henge - world famous Stone Circle. Departs Uplyme Village Hall For booking and further details please ring Rob Harvey 01297 631664 or 01297 444034 Organised by Uplyme and Lyme Regis Horticultural Society www.ulrhs.wordpress.com

FRIDAY SEPTEMBER 13TH

LYME REGIS: Lyme Bay Photographic Club AGM and Election of Officers. Outing & Ramble competitions. At the Woodmead Halls from 7.30pm.

SATURDAY SEPTEMBER 14TH

BRIDPORT: Jumble Sale at Bridport United Church Hall from 10am. Organised by Askerswell. For more details call 01308 485225.

BROADWINDSOR: The West Dorset Conservative Association Broadwindsor Branch, Table Top Sale at Comrades Hall, Broadwindsor. Refreshments available. £10 per table - to book a table please ring Mr Rowland Hibbard 01460 30269

WEDNESDAY SEPTEMBER 18TH

EYPE: West Dorset Decorative & Fine Arts Society meeting at Highlands End Leisure Centre from 2.30pm. 'The Society that Pokes its Nose into Everything' speaker Mrs Susan Bennett. For more details call 01297 443615.

Email your Diary Dates to
rob@pemedi.co.uk
Deadline midday Monday.

BONNY SARTIN RETURNS TO DORSET COUNTY MUSEUM

BONNY Sartin, member of the folk group, the Yetties, and a great favourite with local audiences, returns to Dorset County Museum on 4 September this year.

One of Bonny's ancestors, Edmund Sartin, took his family from Corscombe to New Zealand in 1840. They were on the very first ship to go to the wild and desolate area of Taranaki in North Island.

This is a story of poverty, pestilence, con men, war, and gold fever. Bonny presents it in his characteristic style with plenty of rousing music and song. This is sure to

be a popular event so tickets should be booked in good time. The ticket price of £9 includes a glass of wine or cider and a piece of homemade Dorset apple cake. Tickets available now from the Museum Shop on 01305

756827 or by emailing shop@dorsetcountymuseum.org.

Bonny Sartin's talk takes place on Wednesday, September 4th at 7.30pm. Doors open at 7pm.

Dance classes

Love to Dance?

Come and learn with Glenn Bayliss

Monday 2nd Sept

Charmouth Village Hall, Wesley Close, Charmouth

Basic Beginners Waltz 1-2pm £5 each

Sequence Class 2.15-3.30pm £6 per couple

Willowbed Hall, Putton Lane, Chickerell

Basic Beginners Cha Cha Cha 7.15-8.15pm £5 each

Sequence Class 8.30-9.45pm £5 each

Wednesday 4th Sept

Charmouth Village Hall, Wesley Close, Charmouth

Improvers Class 1-2pm, Technique Class 2.15-3.30pm

The Cafe Royal, Tannery Road, Bridport

Rock and Roll (Starts 11 September), 7.30-9pm £5 Each

Thursday 5th September

St. Marys Church Hall, South Street, Bridport

Beginners Waltz 7.15-8.15pm £6 each

Improvers Waltz 8.30-9.30pm £6 each

Sunday 25th September

Beaminster Town Hall, Beaminster

Vintage Tea Dance with tuition £6 each inc cream tea

Come along and enjoy the music of yesteryear, 2-4pm

Then on 20 Oct, 17 Nov and 15 Dec

For more information contact 07505 798 258
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or Pork/beef bap or burger n' chips £6.50

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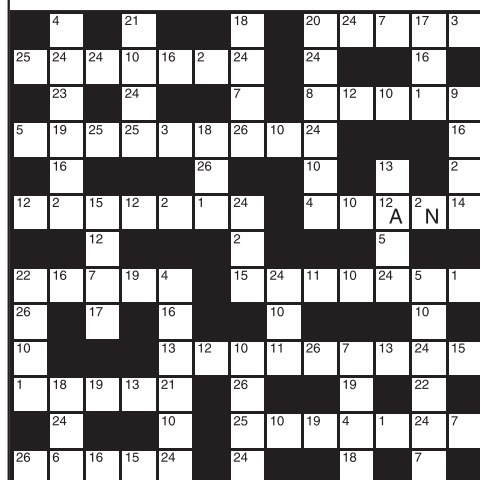
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Brain Gym

No.235

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



LAST WEEK'S SOLUTION:

1	D	C	N	J	S	L	T	A	X	Z	I	O	U
14	G	R	E	P	H	Y	Q	V	W	M	B	K	F

Double Crossword

Choose either quick or cryptic clues - both fit the same grid.

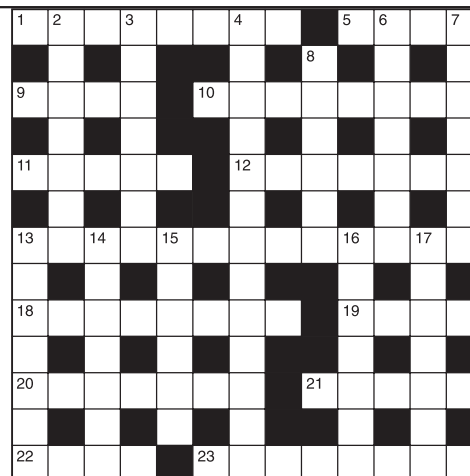
Cryptic Clues:

Across

- Way over the mountains, presumably (4-4)
- Part of the Cannibal Islands in Indonesia (4)
- A slight legato effect (4)
- Desert transport for moving houses (8)
- Enumerates the venues for the tournament (5)
- Calling for a taxi - when it is doing this in the winter? (7)
- A source of current attraction (7-6)
- Seen in sackcloth, a riotous libertine (8)
- The bearing of a man sounds parsimonious (4)
- Gasp about complete necklace (7)
- Prohibit nearly everything commonplace (5)
- Takes the fare (4)
- Scarcely incline to one in crafty setting (8)

Down

- Unfortunate disposition of estate showing malice (3-4)
- Eric gets involved with the non-conformist (7)
- Historically ill-timed (13)
- Nights associated with Scheherazade..... (7)
-showing imaginative perception in visual range (7)
- The greatest numbers will provide a guiding principle to the first letter (6)
- Surpass a natural phenomenon (7)
- Incorporated in a different text, but no longer in being (7)
- They provide capital adornments (6)
- Although he's associated with clubs and bars, he's in good physical shape! (7)
- As a pupil I make a raucous noise, one hears (3-4)



Quick Clues:

Across

- Crafty trick (8)
- Breeding farm (4)
- Employer (4)
- Incursion (8)
- Purloin (5)
- In the fashion (1,2,4)
- Thoughtfulness (13)
- Charm (8)
- Bird's home (4)
- View (7)
- Flaming (5)
- Ancient Roman garment (4)
- Protected (8)

Down

- A stew (7)
- Raids (7)
- Regaining health (13)
- N. African port (7)
- Dark cell (7)
- N. American country (6)
- Cigar (7)
- Nil (7)
- Sloping type (6)
- Stress (7)
- See (7)

Sudoku

	3		4			7		9
			8	5			4	
2		6		7			1	
	5				4	8		
4		3		8		2		7
		8					3	
	7			4				6
		1		9	5			2
9	4			3		8		

Fill in the grid below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

LAST WEEK'S SOLUTIONS >

9	3	4	5	1	6	7	8	2
1	7	8	2	4	3	9	6	5
5	6	2	8	9	7	1	3	4
7	4	3	6	5	9	8	2	1
8	1	9	7	3	2	5	4	6
6	2	5	1	8	4	3	7	9
4	5	7	9	6	8	2	1	3
3	8	1	4	2	5	6	9	7
2	9	6	3	7	1	4	5	8

LAST WEEK'S CROSSWORD SOLUTIONS:
CRYPTIC - Across: 1 Lassie; 4 Cloche; 9 Battle honours; 10 Uniform; 11 Ether; 12 Aglow; 14 Using; 18 Horde; 19 Steeple; 21 Water-biscuits; 22 Paying; 23 Aligns. Down: 1 Labour; 2 Sitting pretty; 3 Igloo; 5 Lancets; 6 Caught napping; 7 Ensure; 8 Thumb; 13 Overrun; 15 Show up; 16 Astir; 17 Senses; 20 Excel. QUICK - Across: 1 Remark; 4 Erects; 9 Spring balance; 10 Lotteries; 11 Theme; 12 Again; 14 Adept; 18 Refit; 19 Luggage; 21 Plain-speaking; 22 Esteem; 23 Ledger. Down: 1 Result; 2 Marriage feast; 3 Range; 5 Related; 6 Contemplating; 7 Seeker; 8 Abuse; 13 Intense; 15 Triple; 16 Slope; 17 Beggar; 20 Grade.

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Fine and spacious detached cottage

JEREMY Smith, manager of Symonds & Sampson estate agents in Beaminster is delighted to have been chosen to market a fine and spacious detached cottage which lies in a country land just a few minute from Beaminster town centre.

A particular feature of this property of this property are the good size gardens in which it stands which extend to circa 2 acres. Jeremy commented "it is rare to find a property so close to Beaminster town centre with such land, therefore we advise early viewing to avoid disappointment".

The property itself is arranged over two floors as follows:- Porch, good size sitting room with inglenook fireplace, study, dining room, rear hallway, cloakroom, kitchen / breakfast room, whilst on the first floor is a galleried land-

ing, master bedroom with en-suite shower room, three further bedrooms, family bathroom.

Outside as previously mentioned are good size gardens and paddock and parking for six-eight vehicles which in turn leads to a double garage. There is also an extension to the kitchen to the rear, which is virtually complete but has not actually been put through into the original kitchen.

Symonds & Sampson are quoting an asking price of £650,000 for the freehold and serious offers will be considered.

If you wish to view why not contact Jeremy, Erica, Kate or Jane on 01308 863100 to arrange a viewing.



Spacious Broadmead House In the desirable village of Broadwindsor

Jeremy Smith, manager of Symonds & Sampson estate agents in Beaminster is currently marketing the particularly spacious Broadmead House which lies in Redland Lane in the always desirable village of Broadwindsor. Jeremy commented "we have seen a sudden surge of interest in properties in this village due to it not only having a popular public house, but also the recent opening of the fine community store. We advise early viewing of this property which has an asking price of £499,950 represents excellent value for money.

The property itself is arranged over three floors as follows:- Hall, cloakroom, 22' sitting room, dining room, study, large kitchen/breakfast room, utility room. On the first floor is a master bedroom with en-suite shower room and dressing room, three further bedrooms, family bathroom. On the second floor are two further bedrooms and a shower room. Outside are large lawned gardens, extensive parking for eight - ten vehicles and a 33' x 19' double garage.

Jeremy commented "a particular feature of this property is the unique heating system which is made by a company called Genvex who are a well know and respected Scandinavian company, the system comprises of warm air heating with the heat provided by a traditional oil-fired boiler, linked to this is a ventilation and heat recovery system which extracts warm moist air from bathrooms, kitchen etc the warmth from this air is harvested and re introduced back into the house. The dry moist stale air is then vented to the outside, therefore the result being there is no condensation in the house and of course lower energy bills.

If you wish to view why not contact Jeremy, Erica, Kate or Jane on 01308 863100 to arrange a viewing.



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Four bedroom detached house with far reaching views over Uplyme

Situated on the Barnes Meadow development this four bedroom detached house has far reaching views over the village and through the Lym valley

A most attractive, traditionally built four bedroom detached house sits adjacent to the wooded wildlife corridor which runs through the centre of the development. The individually laid out living accommodation boasts a cloakroom, living room with high ceiling, French doors and double windows looking over the garden and a feature corner fireplace. The kitchen / dining room and the adjoining utility room are well fitted with an attractive range of Beech shaker style units and built in appliances. Upstairs on the first floor the four double bedrooms either face south or across the Lym Valley. The master bedroom has an en-suite shower and built in wardrobe. There is also a family bathroom and shower. The house also benefits from having gas central heating and double glazed windows, integral garage/workshop and gardens extending to the side and rear.

Uplyme offers facilities for everyday requirements, including a Post Office and Stores and Petrol Station with convenience shop. There is a lovely church, village hall,

cricket club, playing fields and tennis court. The market town of Axminster, with its main railway connection to Waterloo (approximately 2 3/4 hours), is about 5 miles to the West and Bridport is some 11 miles to the East. The coastal resort of Lyme Regis, with all the day to day amenities one could require, is about 1 mile away and has recently been designated a World Heritage Site (commonly known as the Jurassic Coast). The renowned Dorset and South Devon Coastal Path can also be joined at Lyme Regis. Taunton and Exeter are within a radius of about 30 miles, with access to the M5 motorway. The county town of Dorchester is a similar distance away. The village is in the catchment area for Colyton Grammar School and the Woodroffe School. A viewing is highly recommended to appreciate all this property has to offer. This property is on the market for £427,000. Please call Fortnam Smith & Banwell Estate Agents on 01297 - 445666 to arrange a viewing.



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COMING SOON:
LYME REGIS £750 PCM
Three bedroom detached woolway bungalow in quiet location within Lyme Regis. Property also benefits from nearby parking space and large garden.

LYME REGIS - £675 PCM
NEW

A VERY WELL PRESENTED TOP FLOOR APARTMENT WITH COASTAL VIEWS. THE PROPERTY IS CLOSE TO THE TOWN CENTRE. THE PROPERTY BENEFITS FROM A MASTER BEDROOM EN-SUITE AND A FURTHER BATHROOM. A DEDICATED PARKING SPACE IS ALSO AVAILABLE WITH THIS PROPERTY. EPC RATING: C.

LYME REGIS - £695 PCM

A TWO BEDROOM FIRST FLOOR APARTMENT SITUATED CLOSE TO TOWN CENTRE WITH VIEWS TO THE SEA FROM THE LOUNGE. PROPERTY COMPRISES: LARGE DUAL ASPECT LOUNGE/DINER, FITTED KITCHEN TO INCLUDE ELECTRIC OVEN AND HOB, ONE DOUBLE AND ONE SINGLE BEDROOM, BATHROOM AND SEPARATE WC. ELECTRIC HEATING, GARAGE AND PARKING. EPC RATING: F.

WESSEX COURT - £675 PCM
LSTR

TWO BEDROOM GROUND FLOOR PURPOSE BUILT FLAT WITH GARAGE AND PARKING SPACE. PROPERTY CONSISTS OF KITCHEN, GOOD SIZED LOUNGE / DINER WITH PATIO DOOR ONTO JULIET BALCONY, SHOWER ROOM AND TWO BEDROOMS. EPC RATING: D.

HONITON - £695 PCM
LSTR

MODERN 3 BED SEMI-DETACHED PROPERTY IN CUL-DE-SAC LOCATION. LOUNGE, KITCHEN/DINER, CLOAKROOM, MASTER EN-SUITE, FAMILY BATHROOM, GARDEN, PARKING. GCH. EPC RATING 75.

ROUSDON - £800 PCM
LSTR

A WELL PRESENTED FURNISHED MEWS COTTAGE SET WITHIN A MAGNIFICENT 550 ACRE ESTATE WITH ACCESS TO PRIVATE BEACH. LARGE KITCHEN/DINING ROOM, SITTING ROOM WITH WOOD BURNING STOVE, TWIN BEDROOM, SHOWER ROOM, DOUBLE BEDROOM WITH EN-SUITE BATHROOM, LARGE FURNISHED ATTIC SPACE, PARKING. EPC RATING: E.

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NR BRIDPORT £595 PCM

A very modern ground floor 2 bedroom apartment in this sought after block in Pymore, spacious lounge, modern kitchen, bathroom and ensuite shower, built in wardrobes, neutral good décor, parking. Call NOW!



BEAMINSTER £795 PCM

A very modern and spacious detached 3 double bedroom bungalow, updated to the highest of standards throughout with larger than average garden, garage and off street parking, quiet cul-de-sac overlooking fields.



SALWAY ASH £925 PCM

A spacious thatched 4 bedroom semi detached house in this sought after village close to Bridport with large garden to front and rear, open fireplace, large and modern kitchen / breakfast room, dining room, lounge, shower room and bathroom, o/street parking for 3 cars, Call NOW!!



BRIDPORT £625 PCM

RE-AVAILABLE! Located in a quiet tucked away location in the heart of the town is this 2 double bedroom, 2 reception room double fronted cottage with garden, d/glazing and gch. Available NOW!



NEW INSTRUCTION BRIDPORT £795 PCM

A 3 bedroom detached bungalow set on this corner plot location just off Victoria Grove in Bridport, close to the town, lounge, dining room, kitchen, bathroom, gardens, o/st parking for 3 cars, large store room, utility, d/glazed, available immediately.



BEAMINSTER £500 PCM

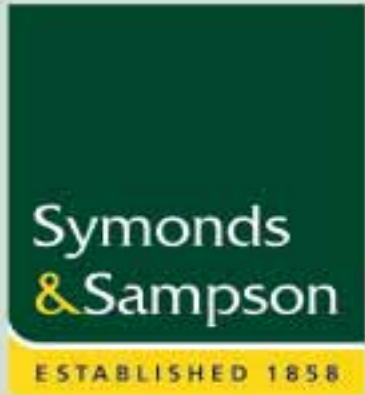
A ground floor maisonette with its own front door, very spacious with 2 double bedrooms, modern bathroom, recently fitted kitchen, d/glazing, private garden with shed, available NOW!

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Beaminstor **Guide £289,950**
Beautifully presented end of terrace property. Sitting room, kitchen/breakfast. Galleried landing. Master bedroom with en suite 3 further bedrooms, bathroom. Garden to the rear, garage and parking. EPC Band C.
Web Ref: BEA120143 **Beaminstor 01308 863100**



Beaminstor **Guide £249,950**
Well presented semi-detached house. Sitting room, Kitchen/breakfast room, utility, cloaks. Master bedroom with en-suite shower, 3 further bedrooms and bathroom. Private rear garden, garage, 2 parking spaces. EPC Band C.
Web Ref: BEA130027 **Beaminstor 01308 863100**



Nr. Broadwindsor **Guide £375,000**
Semi-detached house in rural situation with views. 2 reception rooms, kitchen/breakfast room, 3 bedrooms, bathroom. Gardens and paddock extending to 1 acre (0.4ha). Double garage with 2 office to the rear. Extensive parking. EPC Band E.
Web Ref: BEA130082 **Beaminstor 01308 863100**



Mosterton **Guide £325,000**
Spacious detached property in the heart of the village. 3 reception rooms, kitchen, bedroom en-suite. Three bedrooms and three bathrooms. Garage, extensive parking and gardens. EPC Band D.
Web Ref: BEA130098 **Beaminstor 01308 863100**



Beaminstor **Guide £225,000**
Grade II listed cottage a short distance from the town Square. Sitting room, conservatory, kitchen/breakfast room, bathroom, 2 bedrooms. Private rear gardens. Parking. Views. EPC Band E.
Web Ref: BEA130113 **Beaminstor 01308 863100**



Beaminstor **Guide £395,000**
Grade II listed property with integrated commercial premises. Accommodation over three floors comprising:- three reception rooms, kitchen, four bedrooms, shop, office. Garden. EPC Band F. Commercial EPC TBC.
Web Ref: BEA130133 **Beaminstor 01308 863100**



Hooke **Guide £375,000**
Delightful brick and flint detached house situated close to the village centre. 2 receptions, kitchen/diner, 3 bedroom, 2 bathrooms. Attractive gardens with views to the front. Garage and parking. EPC Band D.
Web Ref: BEA 130156 **Beaminstor 01308 863100**



Hinton St. George **Guide £450,000**
One part of this stunning Grade II listed property arranged over three floors and approached over a long gated driveway. Drawing Room, kitchen/breakfast room, 4 bedrooms, 2 bathrooms. Garage, parking space. Country views.
Web Ref: BEA130162 **Beaminstor 01308 863100**



Corscombe **Guide £244,950**
Charming end of terrace village cottage offering immense character. Sitting room, kitchen, 2 bedrooms, bathroom. Large rear garden. EPC Band F.
Web Ref: BEA130148 **Beaminstor 01308 863100**



Beaminstor **Guide £174,950**
Mid terrace cottage close to the town centre and country walks. Sitting room, kitchen, bathroom. 2 bedrooms. Courtyard gardens. EPC Band E.
Web Ref: BEA130151 **Beaminstor 01308 863100**



South Perrott **Guide £299,950**
Semi-detached house in small cul-de-sac. 3 reception rooms, kitchen. 4 bedrooms, 2 bathrooms. Pleasant gardens. Country views to the front. EPC Band C.
Web Ref: BEA130152 **Beaminstor 01308 863100**



Beaminstor **Guide £44,950**
First floor apartment in Grade II listed property and part of Hanover Court. Communal Hallway, reception hall, sitting room, kitchen, bedroom, bathroom. Communal gardens and parking. EPC Band E.
Web Ref: BEA130197 **Beaminstor 01308 863100**



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Cattistock

£1450 pcm

A period detached house in the heart of the village of Cattistock. The property provides flexible family accommodation including drawing room, sitting room and kitchen/diner, separate utility room, boot room and cloakroom. On the first floor are four bedrooms, the master double with en-suite, two further doubles and a good sized single. Outside there is an enclosed south facing rear garden. There is also parking in the yard to the rear, and for anyone who is keen to work from home, there are two former stables converted to offices with power, heating and CAT 5 facilities. Use of the offices is available for an additional £250pcm. EPC Band F. Available immediately.

Dorchester 01305 261008

Web Ref: DOL060046



Axminster £725 pcm

An immaculate annex set in private grounds with two double bedrooms, two shower rooms, kitchen/diner and lounge. Garden and patio area. Ample off road parking EPC Band D. Available fully furnished for six months from October.

Web Ref: AXM130233 Axminster 01297 32879



Axminster £480 pcm

A one bedroom ground floor flat only a short walk from the town centre and its amenities. Fully enclosed rear garden. On street parking. Regret no children. EPC Band B. Available immediately.

Web Ref: ACC060245 Axminster 01297 32879



Axminster £680 pcm

A well presented three bedroom terraced house on a popular development on the outskirts of Axminster. Allocated parking and Enclosed Garden. EPC Band C. Available early September.

Web Ref: ACC100179 Axminster 01297 32879



Hawkchurch £750 pcm

A well presented three bedroom fully furnished lodge situated in a rural location of the outskirts of Hawkchurch. Available on short term let from end of September to mid March 2014. Pets and children considered.

Web Ref: ACC100328 Axminster 01297 32879



Beaminster £475 pcm

One bedroom first floor flat with an enclosed and secluded garden, situated in a quiet location close to the town centre. A small pet considered. EPC Band D. Available immediately.

Web Ref: BRI130187 Bridport 01308 459565



Uploders £600 pcm

A very spacious and well presented two double bedroom (one en-suite) cottage situated in a rural location, yet within easy reach of Bridport. Small garden and off road parking for two cars. EPC Band C. Available late October.

Web Ref: ACC120331 Bridport 01308 459565



Bridport £625 pcm

Beautifully presented two double bedroom first floor apartment with garden and off road parking, situated within walking distance of the town centre. EPC Band E. Available immediately.

Web Ref: BRI130103 Bridport 01308 459565



Beaminster £795 pcm

Charming and deceptively spacious four bedroom end of terrace character cottage with pretty walled garden situated in the heart of Beaminster. EPC Band C. Available immediately.

Web ref: BRI130140 Bridport 01308 459565



Buckland Newton £450 pcm

A one bedroom annexe with open plan living, located on a working farm in a sought after village location. Oil fired central heating. Regret no children or pets. EPC Band C. Available immediately.

Web ref: ACC110242 Dorchester 01305 261008



Poundbury £895 pcm

A well presented two bedroom apartment in the heart of the Poundbury development. Two allocated parking spaces. Entry phone system. Electric under-floor heating. EPC Band C. Available mid February.

Web Ref: DOR130168 Dorchester 01305 261008



Dewlish £995 pcm

A traditional style three bedroom semi detached cottage surrounded by unspoilt open countryside. Driveway parking and garage. Large garden. Night storage heaters and woodburner. EPC Band D. Available shortly by negotiation.

Web Ref: ACC120112 Dorchester 01305 261008



Ringstead £995 pcm

Situated in a highly sought after quiet coastal location is this unique three bedroom character cottage offering furnished accommodation, spectacular sea views and a beautiful garden. EPC Band E. Available from September to March.

Web Ref: DOR120304 Dorchester 01305 261008

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VENLAKE - £215,000



Valley Cottage is an attractive two bedroom terraced property only a short walk from the popular East Devon village of Uplyme. It has an open plan living area with kitchen/lounge opening to the dining room but retaining it's cosy cottage feel. On the first floor are two bedrooms a family bathroom and outside terraced gardens to the rear with a patio area pergola and summer house. EPC band F.

LYME REGIS - £525,000



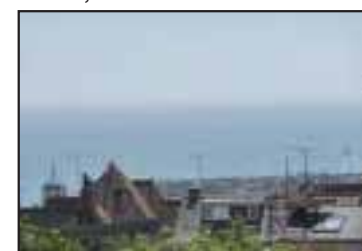
A detached house built approximately 15 years ago presented in excellent order. The accommodation briefly comprises; entrance hall, downstairs WC, lounge, study, kitchen and utility room and conservatory. On the first floor a master bedroom with en-suite, two further bedrooms and bathroom. The property benefits from gas fired central heating and uPVC double glazing throughout. To the rear of the property set in the gardens is a Norwegian pine lodge offering extra accommodation with a living area, kitchen area and shower room. A further workshop and shed. Garage and ample parking. EPC band D

HAWKCHURCH - £165,000



A most characterful apartment located in a quiet rural setting updated by the current owner to provide a bright functional yet quirky cottage. The accommodation has large lounge, kitchen/breakfast room, bedroom with en suite and dressing room, garden and parking. This is an ideal holiday home or retreat that is ready to move into and enjoy. EPC band G

LYME REGIS - £127,500



Cloverdale Court is a development of 43 purpose built apartments for the over 55's, the complex has an entry phone security and 24 hour emergency help-call system which gives additional peace of mind if required. This purpose built two bedroom ground floor flat has sea views and is conveniently located close to town. EPC Band B

RAYMONDS HILL - £445,000



Set in attractive landscaped gardens Farthings is a detached three/four bedroom property offering flexible accommodation. The accommodation briefly comprises; entrance hall, lounge, dining room, kitchen, utility, cloakroom and study/bedroom four. To the first floor, master bedroom with ensuite shower room, double bedroom with dressing room, further double bedroom and family bathroom. To the outside of the property gardens to the front and rear, garage and driveway providing parking. EPC band D

LYME REGIS - £169,950



A purpose built two bedroom ground floor flat with communal entrance hall, lounge, kitchen, two bedrooms, bathroom, garage and parking. Communal gardens. Gas central heating. Double glazed windows. EPC band C

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ROUSDON - £19,950



Located on the popular Pinewood holiday complex in Roundon this Atlas Status Super was built in 2003 with galvanised chassis and a host of other features is in excellent condition throughout. The accommodation briefly comprises: Two bedrooms, lounge/diner, kitchen, bathroom, separate WC, decked area side gardens, parking and a handy storage shed.

LYME REGIS - £198,000



This very well appointed two bedroom chalet, is situated at the eastern end of the Ware Cliffs with spectacular views overlooking Monmouth Beach, the Bowling Green and the Cobb. An ideal opportunity to use as a holiday home or letting. It briefly comprises an open plan lounge/kitchen/diner, with mezzanine floor, 2 bedrooms and shower room. A timber decked balcony is accessed through the tri fold doors in the lounge and bedroom two or via a path from the parking space at the rear.



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CHARMOUTH £159,950



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Bowls round-up

Notable double for in-form B team

LYME REGIS BC with Paul Moffitt
NOT a good week unless you're the men's 'B' team!

Our intrepid quartet who went to the National finals at Worthing unfortunately fell at the first hurdle, the first hurdle being Nottinghamshire. Truth to tell they played well and we didn't.

The men's 'B' team managed a second mauling of the 'A' team in the West Dorset 2nd Division, this time taking all 10 points.

The ladies managed to secure two points at home to Bridport. A couple of big wins are now required to stop the slide.

The Lyme side will be in action again against Wellworthy, in the West Dorset Division One league, having been rested for what seems an eternity.

They must post some good wins in the run-in to the end of the season if they want to regain their slot in the Championship for next year. Bridport stand in their way with a 13-point advantage but, Lyme do have two games in hand.

In the friendlies Lyme came out comfortable winners against a mens touring side from Warwickshire.

Sunday saw the annual Ladies Open Invitation Triples take place, this being the last year that organiser Pat Cole will be running the event.

Next year the reins will be taken up by current ladies' captain Ann Allman. The eventual winners were Blandford who were comfortable in their defeat of Greenhill.

Prizes were presented to the winners and runners-up, the event being kindly sponsored by Wakeleys.

Nola Stephens held her 'County President's Day' on Saturday - a time for her to invite family, friends and fellow bowlers to help her celebrate her current year as President.

Despite the dreadful weather, the gathering enjoyed bingo and a quiz, not to mention a sumptuous spread prepared by Sue Wood and her hard

working 'kitchen hands'.

WEST DORSET MEN DIV 2. LYME 'A' 49 LYME 'B' 60.

M Knight, G Clode, R Legg, M Thorner 17; J Owen, B Smith, R Winterborne, N Solomon 19. D Perry, D Pomeroy, B Parsons, A Preece 19; T Payne, A Nabarro, B Wright, R Cridge 25. R McLennan, P Stephens, J Moseley, J Beadsley 13; J Hare, B Downes, R Hobbs, A Weech 16.

DORSET LADIES DIV 1.

LYME 51 BRIDPORT 68.

J Moffitt, S Rowe, M Gillett, K Clissold 17-23; J Parsons, D Courtenay-Smith, L Broom, N Stephens 13-26; H Dowling, M Bartlett, P Weech, C Barber 21-19.

FRIENDLY:

LYME 125 WARWICKSHIRE VICE PRES 99.

A Foster, M Heneghan, A Weech, C Barber 19-15; B Smith, P Stephens, T Allman, K Hickman 35-5; C Clissold, G Clode, R Legg, A Preece 24-10; B Downes, G Cozens, B Parsons, R Edwards 14-26; K Faragher, T Payne, D Wood, D Meylan 16-21; A Nabarro, N Solomon, J Moseley, P Moffitt 17-22.

BRIDPORT BC with Alan Brown

BRIDPORT ladies had a successful afternoon at Lyme Regis in County League Division One winning 68-51 overall and carrying the day on two rinks.

Pamela Daters, Barbara Iversen, Sheila Jones and Melody Watts were in front all the way and triumphed 26-13 while Delphine Street, Laura Taylor, Pat Cornick and Margaret Clapp turned things around after 12 ends winning eight of the last nine ends to finish 23-17.

In Division Two Bridport went down 41-67 at Gillingham but Mary Marsh, Chris Robbins, Pauline Newitt and Janet Tattershall took two points with a 21-15 success.

Bridport's men's A team are fast losing ground in South Dorset League Division One their latest reverse coming against Wellworthy A losing 50-66.

The one bright spark was provided by Roy Lidington, Ben Jones, Brian Iversen and Bill Payne who won 25-11.

Bridport C wrapped up their season with a 55-43 win, ahead on all three rinks and taking ten points over Greenhill B - how different things could have been if they had found this form earlier.

Four rinks went to Merriott for a mixed friendly and came away beaten by 94-51 although two rinks finished ahead, the best being Dennis Minas, Brian Pratt, Billy Street and Marion Carter who won 20-18.

BRIDPORT INDOOR BC

with Brian Baker

BARRY Mapson, Millie Meech and Edna Cumberland's Team A won the top of the table clash in the Morning League against Team G 13-10 and are now just two points behind the leaders.

Brian Cattell, Bernard Waterman and Tony Harrison's Team F kept up their challenge with a 18-6 win over Team B.

Sub Arthur Stone, Ann Parkins and Mary Hansford's Team J finished 2,5,2 to beat Team C 13-9.

Mike Fletcher, Pete Cowburn and Bernard Winton's Team D had a 1,1,3,1,2,2 burst to beat Team H 16-4.

Ann Harris, Roy Gill and Brian Baker's Team D regained top spot in the Evening League with a 16-9 win over Team F.

David Cook, Phil Tattershall and Brian Morgan's last placed Team B are this year's Jekyll and Hyde side, one week big winners the next big losers. Against Team H they started with a 7,3,2,1 count to go 13-0 ahead, were then pegged back to 13-8, finally winning 20-13.

David Drake, Barry Mapson and Brian Legg's Team G consolidated third spot, 19-13 up over Team C.

Darren Simpson, Pat Geary and Andy Marsh's Team J had a 2,1,7 run to beat Team A 18-6. Sue Caen, Kevin Moys and Mike Fletcher's Team L won a last end shoot out 15-10.



■ TIED IN NOTTS: The Lyme Regis four of John Eaton, Peter Eagles, Paul Moffitt and Paul Pomeroy who were beaten by Nottinghamshire in the first round of the National finals at Worthing.

Lyme ladies through to cup final

Lyme Regis Golf

WITH RICHARD JACKMAN

THE men played their August Stableford on 12th August and king of Division One was Rob Winterbourne with 41 points from young Stuart Wight (40 points) with Roger Seed 3rd with 39.

Division Two was close as Lee Caddy piped Peter Locke on count back, both with 39 points with Richard Hodges 37 securing 3rd.

The following day the seniors played a stableford including the Septuagenarians Trophy where Richard Hodgson won with 42 points from John Toates with 40.

These scores won their respective

division, John pushing Malcolm Hinxman (39) and Tony Johnstone (37) into 2nd and 3rd in Division One and Tim Sansom (39) and Tony Slater (37) in Division Two.

Although the ladies did not play on Thursday congratulations go out to the Ladies Humphrey Bowl team who have progressed to the final after beating Yeovil in the semi-final at Broadstone.

The juniors had a busy couple of days with their medal on Friday won by Matt Watson, net 66, 2nd and 3rd respectively David Lyon, and Lewis Gibbons both with net 67.

The following day was the Junior order of merit, and despite being cut, Matt Watson's incredible net 64 was

a clear winner from Stuart Wight net 70 and Lewis Cottam net 71.

Good scoring in stableford

Last Sunday's Regatta stableford obviously had a following wind as Peter Bevis' 45 points and junior Lewis Gibbons' 46 points sailed away with Division's One and Two respectively leaving in their wake Mervyn Knight (41 points) and Shane Stone (38 points) in Division One and Bradley Searle (42 points) and Dennis McCallum (39 points in Division Two).

Congratulations to Ted Scott who, after qualifying through Captain's Day, won the Dorset element of the County Golfer Challenge at Honiton and has now won a trip to northern Spain.

New posts at Brewery Ground

□ MISSION ACCOMPLISHED: Bridport Rugby Club club committee members, from left: Clive Greening, Stuart King, John Patten, Peter Brook and John McHugh installed the new goalposts at the Brewery Ground last week.

These are not just ordinary posts but RFU Lead-Up and Legacy posts.

Bridport RFC has been chosen as a recipient of these new posts by the Rugby Football Union as part of the lead up to the rugby world cup to be hosted here in the UK in 2015.

Bridport is one of 500 clubs to be chosen to be included in this programme which aims to advance club rugby participation throughout England.

The club is noted for its community sporting participation with mini and junior sides for boys and girls while also running two senior sides.



The Kamikaze 'Banzai Charge' - the south coast's ultimate one-day endurance event

ON Sunday, September 8th, the valleys around Mapperton Farm, Beaminster, will echo with the collective 'Banzai' roar of 500 hundred adventure runners taking part in the Kamikaze Banzai Charge.

The event offers an eight mile cross-country course, complete with challenging obstacles engineered to test fitness, nerve and determination of all those who don the Kamikaze headband.

Now in its sixth year and renowned as the one of the toughest, and yet the most fun one-day endurance events in the UK, Kamikaze competitors throw themselves down Banzai slides, across rope swings, into bogs, and rivers and over obstacles.

All those successfully negotiating the 'Valley of Doom', the balance beam wet sponge throw, The Rope Tangle, and the 8ft 'Tour of Grease' among other obstacles and completing the course, will receive finishers medals.

Event organiser, Ben Mason from Votwo said: "This year we have been busy creating an



even more energy-sapping course.

Previous competitors have described the Kamikaze as 'physically demanding but totally awesome at the same time' and some said 'the most fun they had EVER had during a running event.'

"The spurs and valleys of

Mapperton Farm present Kamikaze runners incredible gradient challenges as well as phenomenal scenery to enjoy.

Facilities include free on site car parking, hot food and drinks, music and race commentary.

All competitors receive a Kamikaze headband to wear

bearing their race number. Teams and individuals are welcome.

To register for the event or to find out further information on the Kamikaze Banzai Charge or any other Votwo event visit www.votwoevents.co.uk.

Location: Mapperton Farm, Beaminster, Dorset, DT8 3NS

Lyme Regis Gig Club Regatta

Lyme Regis Gig Regatta goes from strength to strength

LYME Regis Gig Club staged their third Rowing Regatta on Saturday, August 10th as part of Regatta and Carnival week.

Fourteen Gig Clubs from around the South West came to the Cobb to compete against Lyme on their home waters and take part in the straight line races off The Cobb and out parallel to Monmouth Beach.

The day was sunny but the wind and sea blew up unexpectedly as the day

progressed and this, with a falling tide, made it a tough row out into the wind and a fast surfing leg back to the Cobb.

Crew changes took place on the pontoon and beach in the pool behind the aquarium. Meanwhile, spectators enjoyed a fine view from the harbour wall.

The Lyme Regatta racing started with Under 14 and Under 16 teams racing for The HMS Conway, Calcutta Cup which was won by Lyme Regis.

The cup was presented to the Lyme Regis Under 16 captain Josh Fletcher, by The Mayor, Cllr Sally Holman.

The Club's Under 14s won their class and received vouchers from Rinky Tinks.

Competing Clubs included: Cattewater, Weymouth, Portland, Ilfracombe, Teign, Torridge, Swanage, Sidmouth, Bridport, Langston, Brixham, Clevedon, Bristol, Appledore and Lyme Regis.

The Men's and Ladies Heats were raced over a 1.2km race with the fastest eight teams qualifying for the final.

The Men's Final included Weymouth A, Ilfracombe A, Cattewater A, Swanage A, Teign A, Lyme A, Ilfracombe B with the event won by Weymouth.

The Ladies Final included Weymouth A, Ilfracombe A, Swanage A, Swanage B, Teign A, Bridport A, Bristol C, Lyme A and the race was won by Weymouth. The Veterans (over 41 years of age)

paces followed with 17 gigs competing and the Men's race was won by Cattewater and the Ladies Race won by Ilfracombe.

Lyme Regis Gig Club provided drinks and food throughout the day, and Marcus Dixon, Chair of Lyme Regis Gig Club, said that everyone really enjoyed the day's gig racing.

He said: "It was a great example of how we can put on a wonderful event with everyone working well together, and thanks particularly to the Lyme Regis Harbourmaster for his contribution in making the event a success. We are very pleased to be part of the fantastic Lyme Regis Regatta and Carnival."

The club is grateful for the support of its sponsors: The Harbour Inn, The Talbot Arms, By The Bay, Newlands Holiday Park, Travis Perkins (Bridport), Otter Brewery, Denhay Farm, Cains Farm, Fowlers, (Bridport), Rowsell Roofing.



■ PORTLAND, Weymouth and Appledore battle it out. Insets: Josh Fletcher (Lyme REGIS U16s captain) receives the Conway Association Calcutta Cup from Mayor Cllr Sally Holman and The Lyme Regis U14 team of; Lauren Boggan, Maeve Hankin, Tilly Lloyd, Lorcan Hankin, Jamie Murray and Charlie Simpson.



■ CROWDS flocked to the Cobb high wall for a perfect view of the racing.

Football - the early season Dorset Premier League results

BRIDPORT Reserves manager Robin Townsend was positively beaming with pride after seeing his charges come behind three times to beat Hamworthy Rec at St Mary's on Saturday WRITES HOWARD LARCOMBE.

A disputed penalty saw the visitors grab an early lead only for Ben Clarke to level with an effort that found the top corner following good work from Robin Jones.

But Rec regained the lead when a long punt downfield deceived Billy Fleet in the Bridport goal and bounced over him to allow the simplest of tap-ins.

Back came the battling Bees again. Five minutes before the break when Ashley Clarke powered home a header that fizzed into the top corner for an early contender for goal-of-the-season.

However, the first-half scoring wasn't complete yet and the visitors took the lead for a third time when the home defenders were slow to react after the ball came back off the woodwork and was slotted home.

The second-half saw Bridport take complete control. Jones rifled home a 20-yarder in the bottom corner in the 72nd minute and new signing Ashley Staines netted the winner 14 minutes

from time after Ben Clarke had unselfishly squared the ball after bursting through for a one-on-one opportunity.

Dorset Premier League Results

SATURDAY, AUGUST 17TH: Bridport Res 4 Ham Res 3, Holt Utd 0 Portland Utd 5, Mere 3 Wareham Rangers 0, Poole Boro 1 Blandford Utd 0, Swanage & H 2 Sherborne Res 2, Tintinhull 2 Parley

Sports 2, Weymouth Res 2 Merley Cobham 2.

MONDAY, AUGUST 19TH
Tintinhull 1 Sherborne Town Res 0.

Fixtures

LAST NIGHT (TUESDAY): Bridport Res v Weymouth Res, Ham Rec v Poole Borough.

TONIGHT: Cranborne v Blandford Utd, Mere v Shaftesbury Utd, Merley Cob-

ham v HamUtd Res, Swanage & H v Holts Utd.

TOMORROW: Parley Sports v Wareham Rangers.

SATURDAY, AUGUST 24TH: Bridport Res v Swanage & H, Hamworthy Utd Res v Sherborne Res, Holt Utd v Cranborne, Mere Town v Parley Sports, Merley Cobham v Blandford Utd, Poole Boro v Portland Utd, Shaftesbury v Ham Rec, Tintinhull v Wareham Rangers.

ONE of the most feared defenders in modern-day football will be the guest speaker at a sporting dinner being organised by Lyme Regis Football Club.

Former West Ham United and Liverpool full-back Julian Dicks will be appearing at the function to be held at the Woodmead Halls on Friday, September 6th.

Dicks was nicknamed "The Terminator" because of his ferocious tackling and competitive nature during a 14-year professional career cut short by injury.

Born in Bristol, Dicks started his football career with Birmingham City for whom he made 89 appearances between 1985 and 1988.

He was transferred to West Ham United for a fee of £300,000 in 1988 and went on to play 159 games for the Hammers and scored 29 goals, captaining the side at the age of 23, before Graeme Souness took him to Liverpool in 1993.

The move to Anfield was not a successful one for Dicks (although he was the last player to score in front of the standing kop end) and he returned to Upton Park a year later, staying at the club until 1999, having made a further 103 appearance and scoring another 21 goals, many of them penalties.

Dicks played for England Under 21s and the England B team but never got a full international cap.

After retiring from first class football Dicks tried his hand at managing with Wivenhoe Town and Grays Athletic and also became a professional golfer but had to give this up because of a knee injury.

Dicks is now a respected and much-in-demand coach and will be taking a session for the Lyme Regis Youth section players on the Anning Road playing field on the morning of Saturday, September 7th for a fee of £5 per player, which will include a signed certificate and a trophy for the most promising youngster.

At the sporting dinner, Dicks will be interviewed by Tony MacDonald, editor of the West Ham United retro magazine EX, to be followed by a question and answer session. There will also be an auction of football memorabilia.

Tickets at £15 each include a two-course buffet supper and are available from the View from Lyme Regis office on 01297 446155.

All proceeds from the function will go to Lyme Regis Football Club.

The club is also looking forward to playing host to the Arsenal celebrity X1 who will be visiting Lyme Regis on Sunday, August 24th 2014.

THE TERMINATOR IS COMING!

ONE OF THE MOST FEARED DEFENDERS IN FOOTBALL - THE FORMER WEST HAM UNITED AND LIVERPOOL PLAYER **JULIAN DICKS** WILL BE THE GUEST SPEAKER AT A SPORTING DINNER ORGANISED BY **LYME REGIS FOOTBALL CLUB**

to be held at the Woodmead Halls on Friday, September 6th, 7.30pm for 8pm.

TICKETS £15 to include two-course buffet supper

FOR TICKETS, CALL 01297 446155

++PLUS++

Special coaching for young players aged 8 to 15 on the Anning Road playing field on Saturday, September 7th 10 am to 12 noon by Julian Dicks.

Fee: £5 to include signed certificate by Julian Dicks plus trophy for most promising youngster.

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The Seaside 1995

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Bridport skittles

CUP Fixtures for week beginning Monday, August 26th.

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(1st Round - 1 bye)
Tuesday, August 27th
Rejects v Mean Machine.

Wednesday, August 28th
Aussies Lot v The Dingles,
L.H.S. v Shipfaced.

Thursday, August 29th
Bangers v Lively Lads, Nelson Nobblers v Country-

men, 7" Clock v Rockets, Rough Eight v Broadoak, Slingers v Robs Rebels.

Friday, August 30th
Miss the Ball v Survivors, Wanderers v Dingbats, Castouts v Smithys Boys.

LADIES PALMER
NOMINATION CUP
(1st Round)
Tuesday, August 27th
Alleycats v Pinbashers, Brandy Snaps v Yo Yo's.

Lyme Regis Darts

LYME Regis Darts League are holding their annual general meeting and 2013-14 season team registration evening at The Nags Head, Lyme Regis on Thursday, September 5th at 8.30pm.

All teams must be represented and League fees of £40 are to be paid.

The league matches are played on Thursday evenings with a format of; four pairs, four singles and a beer leg

For a full list of rules of the Lyme Regis Darts League go to the league web site www.lymeregisdarts.leaguerepublic.com or speak to any Lyme Regis Darts League Committee Member.

SUNDAY Independent

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& LR CC 2nd XI**
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Devon Division D
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INSIDE: Comprehensive local sport round-up

Ten-man Lyme in 5-0 cup defeat



■ **NEW FACE:** Ex-Seaton Town midfielder Sam Jones looks to be a really useful addition to the Seasiders ranks.

A 5-0 DEFEAT at Perry Street on Monday evening saw a depleted Lyme Regis crash out of the Chard Hospital cup.

The Seasiders, missing seven players from the previous round, had left-back Ally Rattenbury sent-off for a last man foul in the seventh minute.

Goalkeeper Lee Cleal saved the resulting penalty but the Somerset side took a 1-0 lead into the interval. The Mothers' scored again after the restart and with Lyme now chasing the game took full advantage to score three in the last 20 minutes.

In the round fixture last Thursday Lyme came from behind to beat Misterton 4-2 after extra-time with goals from Joe Bond (2), Mark Bailey and Matt Preece.

◆ WITH both Uplyme & Lyme Regis cricket teams having their fixtures washed out by Saturday's downpour attention at the weekend turned to the fledgling local football scene.

Lyme Regis fielded mixed first/Reserve and Reserve/Bantams teams for their

by Howard Larcombe
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friendly double header against a Thorncombe XI and Templecombe.

The first game saw Pete Peacock and Jason Hawker find the net but The Seasiders went down 3-2 to the Thorns.

This was followed by an entertaining encounter against Templecome who had ex Lyme favourite Paul Hodder pulling the strings at the back.

The Somerset side took an early lead only for Hodder to put through his own net to level things up before half-time.

Goals from Will Mowbray, Steve Batey and another OG put the hosts in control.

The visitors pulled one back but Lyme, who introduced a trio of substitutes, Fred Parsons, Alfie Bellworthy and Kingsley Wellman from the talented under 16s youth team, went 5-2 up when Bailey crossed for Batey to slide in his second.

A third own goal completed the Lyme

scoring before the visitors had the last say with the ninth goal of the game.

Lyme welcome Portland United for a friendly at the Fort on Saturday (1pm ko)

◆ THE opening fixture list of the new season Perry Street league season has thrown up some intriguing encounters when the season gets underway on September 7th.

Uplyme, back up in division one after last season's division two title winning campaign travel to Perry Street Reserves while Lyme Reserves are also on the road – they head off to Netherbury.

Down in division two Charmouth, under new player-boss Andy Potter have a tough-looking trip to Thorncombe.

Meanwhile, Lyme Bantams under new joint player-manager Darren Poole and Mark Hodder travel to Drimpton.

Uplyme Reserves, with Stuart Wooster and Roger Smart at the helm are the only local side at home – they entertain Forton Reserves.

Lyme Regis first team have no fixture.



■ **OLD FAVOURITE:** Old favourite Paul Hodder made a return to the Davey Fort for Templecome in Saturday's friendly
Photos by HOWARD LARCOMBE





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